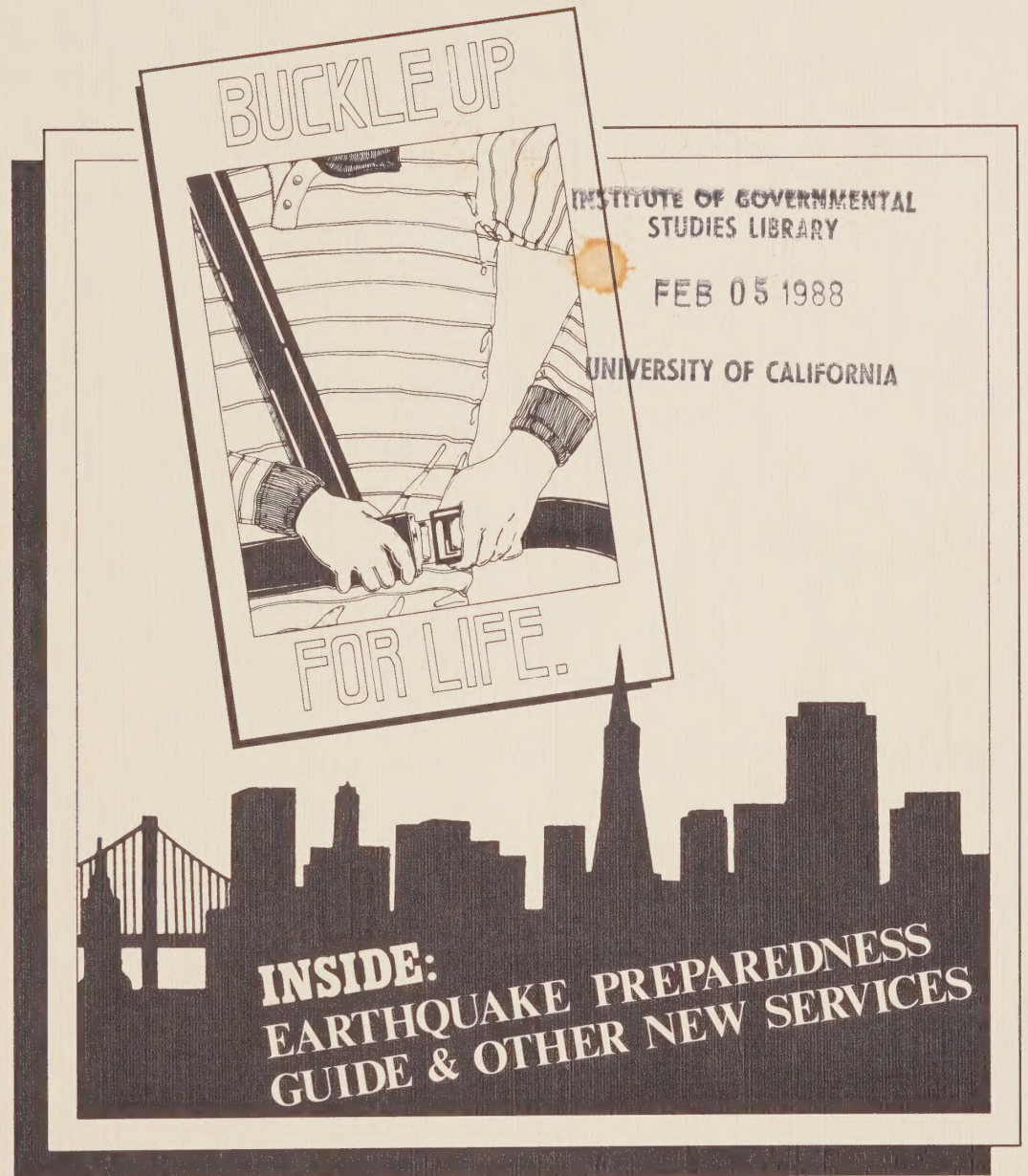


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# COMMUNITY SERVICE DIRECTORY



Speaker Willie Lewis Brown, Jr.  
17th Assembly District, San Francisco

COVER: "BUCKLE UP -- FOR LIFE" by McAteer School of the Arts Senior Tony White won first prize in a poster contest sponsored by Assembly Speaker Willie L. Brown, Jr. to increase public awareness of the state mandatory seat belt law authored by the Speaker.



# ACKNOWLEDGEMENTS

This directory was prepared with the assistance and invaluable aid of  
Margaret Scott, Senior Assistant to Assembly Speaker Willie L. Brown, Jr.  
The Speaker and his staff wish to acknowledge the many hours and  
valuable efforts of the following staff and a large number of staff during  
the preparation of this directory.

John A. Brown

Director of the Office

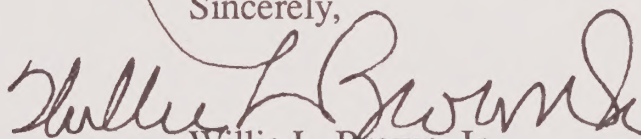
Robert Brown

Director of the Office

In this booklet you will find a comprehensive guide to human services offered  
in the most caring of all cities in the United States.


Most of the services listed here are offered free of charge. Many are operated  
by agencies of the city or the state, but many more serve public needs through the  
generous contributions of volunteer time and donations from your fellow citizens.

Sincerely,

A handwritten signature in dark ink, reading "Willie L. Brown, Jr." in a cursive style.

Willie L. Brown, Jr.

Speaker of the Assembly



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# ACKNOWLEDGEMENTS

This directory was prepared with the outstanding and irreplaceable guidance of Margine Sako, Senior Assistant to Assembly Speaker Willie L. Brown, Jr.

The Speaker and his staff wishes also to acknowledge the long hours and dedicated efforts of the following staff and interns who worked on this project during their school vacations:

Joshua Klausner

Princeton University

Richard Wong

University of California, Davis

Lewison Lee

Harvard University





# HOW TO USE THIS BOOKLET

At the front of this directory you will find a listing of emergency services that could be most important to you and your family in a time of crucial need.

In a quick reference to these first pages you will find listed alphabetically around-the-clock help available in a crisis involving your family or your home.

After the section on emergency services, listings are arranged alphabetically by categories from the Arts to Youth Services. By looking under the category of your concern (Senior Services, Consumer Complaints, etc.) you will find a list of agencies and services, again arranged alphabetically, each with a short description of the kinds of services provided. By quickly going over those descriptions, you can narrow your choice to the agency or agencies that can best meet your specific needs (for advice to seniors on taxes, for example, go through the Montefiore Senior Center; or for information on complaints about mechanical work, go through the Bureau of Auto Repairs.)

In most cases, if the agency or organization cannot be of help with your specific problem, they can readily refer you to another organization or agency that can be of help.

We have also provided several cover pages for sections of the booklet, offering helpful tips on earthquake preparedness, home safety, and consumer protection, as well as information on AIDS.

Remember, if you need additional information or assistance, please call my District Office at 557-0784.





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# Emergency Services

City and County of San Francisco

## The Family Earthquake Plan

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### BEFORE THE EARTHQUAKE . . .

#### 1. Train Family Members

- In first aid (the Red Cross offers frequent courses);
- In how to shut off the gas, water, and electricity;
- In how to protect oneself during the earthquake (get **under** something or get something **over** you).

#### 2. Play the Earthquake Game

- What would happen here if the earthquake occurred now?
- How would we protect ourselves?

If you play the game regularly, you will be quicker to react when the earthquake occurs, alert yourself to dangers in your home that you can easily correct, and feel more secure about other members of your family when you are apart.

#### 3. Set Aside Supplies

- Portable radio, flashlight, and batteries;
- A one-week supply of food and water in plastic bottles;
- Wrench to shut off gas;
- First aid kit;
- Fire extinguishers.

#### 4. Inspect Home, Secure Furniture and Appliances

- Secure water heater, refrigerator, and heavy items of furniture to wall studs;
- Check closets, shelves, and cabinets and move heavy items to lower shelves;
- Install clips or latches on inside of cabinet doors;
- Remove or isolate flammable materials.

### WATER TIPS . . .

To purify drinking water; use any of the following methods:

1. Boil for 5 to 10 minutes.
2. Use a household bleach solution such as CLOROX. Add about 10 drops per gallon of water, mix well and let stand for 30 minutes. A slight taste or smell of chlorine indicates that the water is good to drink.
3. Use household tincture of iodine, in the same manner as for the CLOROX.
4. Use commercial purification tablets such as HALAZONE or GLOBALINE. Follow instructions on the package.

### AFTER THE EARTHQUAKE . . .

#### 1. Give first aid to anyone who is injured.

#### 2. Sniff for gas leaks, starting at the hot water heater. If you smell gas or suspect a leak, turn off main gas valve, open windows, and carefully leave the house.

#### 3. If water leaks are suspected, shut off water at main valve.

#### 4. If damage to your electrical system is suspected (frayed wires, sparks, or the smell of hot insulation, turn off system at main fuse box.

#### 5. Check neighbors for injuries or fire hazards.

#### 6. Turn on batter-powered radio and listen for advisories.

#### 7. Check house, roof, chimney for damage.

#### 8. Start clean-up effort. Be prepared for after shocks.

#### 9. Do not use phone or go for drive.

### IF YOU MUST EVACUATE . . .

#### 1. Prominently post a message indicating where you can be found.

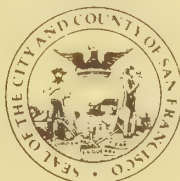
#### 2. Take with you:

- Medicines and first aid kit;
- Flashlight, radio, and batteries;
- Important papers and cash;
- Food, sleeping bags, and extra clothes.

### REUNION POINTS IF SEPARATED . . .

(List three or four places where you plan to go if you cannot stay in your home, such as neighbors' or relatives' homes or local schools or community centers. If you arrive home after the quake and no one is there, this will give you some places to start looking.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_







## EMERGENCY SERVICES

DIAL 911, 24 HOURS EVERY DAY FOR THE FOLLOWING EMERGENCY SERVICES:

POLICE

FIRE

CENTRAL AMBULANCE

PARAMEDICS

HIGHWAY PATROL

ALCOHOLICS ANONYMOUS

661-1828

hours: 24 hours

BATTERED WOMEN & CHILDREN - La Casa de las Madres

469-7637

hours: 24 hours, crisis hotline

services: offers a safe place for women & children

cost: single, \$3.00/day; women with children, \$4.00/day; no one  
is refused for lack of funds

CHILD & ADOLESCENT SEXUAL ABUSE RESOURCE CENTER (CASARC)

821-8386

hours: 24 hours

services: emergency aid to victims of sexual abuse & their families

CHILDREN'S EMERGENCY SERVICES - SF Department of Social Services

665-0757

hours: 24 hours

services: to report suspected cases of child abuse, neglect & sexual abuse

COMPREHENSIVE CHILD CRISIS SERVICES

387-7799

387-8700 - 24 hours

services: crisis intervention for children & their families

EMERGENCY FAMILY CARE SERVICES

386-5551

hours: 24 hours

services: in-home support services, parenting skills for high stress families

#### MEN'S HOTLINE

924-1070

hours: 24 hour hotline; drop-in on Tues. 7:30pm-9:30pm

call for the address

services: for men who physically and emotionally abuse women

#### PACIFIC GAS & ELECTRIC

974-1555

hours: 24 hour phone line

services: operator can assist with service needs

#### PARENTAL STRESS T.A.L.K. LINE

441-KIDS

hours: 24 hour talkline for parents under stress, can provide

immediate crisis intervention, telephone counseling, single

parent network, emergency respite childcare, referrals to

community resources, home visits & parent education groups

#### POISON CONTROL CENTER

476-2845

located at San Francisco General Hospital

1001 Potrero, SF, 94110

hours: 24 hour hotline

services: information & advice to parents, professionals, &

others and assessment & management for physicians

#### POLICE JUVENILE BUREAU

553-0123

hours: 24 hours

services: to report suspected cases of child abuse, neglect & sexual abuse

#### PSYCHIATRIC EMERGENCY

San Francisco General Hospital

1001 Potrero, SF, 94110

821-8125

hours: 24 hour service

services: handles emergency mental health cases

cost: free, but will accept MediCal & private insurance

#### RUN-AWAY SWITCHBOARDS

800-621-4000 - National Runaway Switchboard

800-231-6946 - Runaway Hotline

hours: 24 hours

services: toll-free hotlines, will contact parents with a word-for-word

message that is not traceable, will provide referrals to social

services in the local calling area



SAN FRANCISCO DRUG LINE

752-3400

hours: 24 hours

services: information & referral for any drug related matters,  
willing to talk to anyone

SAN FRANCISCO GENERAL HOSPITAL

1001 Potrero, SF, 94110

821-8111

hours: 24 hours

services: will handle any type of medical emergency

cost: will be billed for services

SEXUAL TRAUMA SERVICES - ADULTS

558-3824

hours: 24 hour hotline

services: counseling & medical services, legal evidence collection,  
court accompaniment, and assistance with police report (not  
necessary for other services)

cost: none

SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

554-3000

hours: 24 hours

services: rescue of animals and help for injured animals  
does not service private pets

cost: free

SUICIDE PREVENTION

221-1423

221-9174 - TDD

hours: 24 hours

TOXIC-INFO CENTER

800-233-3360

hours: 24 hours

services: provides information on potential environmental health  
hazards from chemical spills, water and food supply  
contamination, fires, radiation exposure, industrial  
accidents and toxic waste disposal.

WOMEN AGAINST RAPE

3543 - 18th St., SF, 94110

647-7273

hours: 24 hours

services: a crisis center, in-person counseling & support groups for  
victims & their significant others

WOMEN, Inc.

2940 - 16th St., SF, 94110

864-4722

hours: 24 hours

services: information, referral & crisis counseling line for victims  
of domestic violence

## ARTS

### CALIFORNIA LAWYERS FOR THE ARTS

Fort Mason, Bldg. C, SF, 94123

775-7200

hours: M,W-F, 10am-5pm; T, 10am-7pm; 2nd & 4th Sats. 10am-1pm

services: provides legal referral & dispute resolution services to  
Bay Area artists

### CALIFORNIA ARTS COUNCIL

1901 Broadway, Ste. A, Sacramento, CA 95818

(916)445-1530

hours: M-F, 8am-5pm

services: state government department which distributes public  
funds for arts programs throughout California

### CALIFORNIA CONFEDERATION OF THE ARTS

1212 "P" St., Sacramento, CA 95814

(916)447-7811

hours: M-F, 9am-5:30pm

services: statewide cultural service organization which works to  
secure governmental support for the arts & art education,  
acts as a network for communication within the arts  
community

### CALIFORNIA STATE SUMMER SCHOOL FOR THE ARTS

P.O. Box 2150, Sacramento, CA 95810

(916)445-8919

hours: M-F, 9am-5pm

services: preprofessional arts training program for California high  
school students (grades 9-12), admission based upon  
screenings & auditions, scholarships available

### GRANTS FOR THE ARTS (San Francisco Hotel Tax Fund)

City Hall, Rm. 289, SF, 94102

554-6710

hours: M-F, 9am-noon; 1pm-5pm

services: distributes over \$6 million per year in grants to San Francisco  
non-profit arts & cultural organizations

### NATIONAL ENDOWMENT FOR THE ARTS

Nancy Hanks Center, 1100 Pennsylvania Ave. NW, Washington, D.C. 20506

(202)682-5400

hours: M-F, 9am-5pm EST

services: distributes national public funding for the arts to local  
government & to private art groups



NORTHERN CALIFORNIA CONSORTIUM FOR EXPANSION ARTS  
c/o Fe Bongolan, 4053 Harlan, #212, Emeryville, CA 94608  
(initial contact thru correspondence)

services: develops & advocates for state programs which benefit  
multi-cultural arts organizations & artists

NORTHERN CALIFORNIA GRANTMAKERS ART LOAN FUND  
334 Kearney St., SF, 94108  
788-2982

hours: M-F, 8:30am-5pm

services: professional association of private grantmakers which  
provides loans to Northern California art groups in order  
to allow them to continue to function

SAN FRANCISCO ART COMMISSION  
45 Hyde St., Ste. 311, SF, 94102  
558-3463

hours: M-F, 8:30am-5pm

services: coordinates & administers public arts programs throughout  
San Francisco, including the Arts in Public Places, Artists-  
in-Residence, Neighborhood Arts, State/Local Partnership,  
Street Artists Program, Pops Symphony Concerts & the Annual  
Arts Festival

SAN FRANCISCO SCHOOL OF THE ARTS FOUNDATION  
693 Vermont St., SF, 94107  
648-7080

hours: M-F, 9am-5pm

services: funds & manages art education programs in the San Francisco  
public schools

## ALCOHOLISM AND SUBSTANCE ABUSE

There are a multitude of alcohol/drug related services in San Francisco, too many to be listed in this directory. For more information on the following types of programs, please call my District Office at 557-0784:

- acute hospital detoxification & rehabilitation

- outpatient medical detoxification

- non-medical alcohol detoxification

- residential services

- outpatient services

- gay/lesbian services

- Native American services

- women's services

- senior services

- youth services

- criminal justice agencies

- self-help groups

- prevention services

- consultation & education

- referrals

- emergency medical services

- vocational services

- transportation

- drinking driver programs

### ALCOHOLICS ANONYMOUS

1046 Irving St., SF, 94122

661-1828

- hours: M-F, 9:30am-5:30pm

- services: helps the alcoholic who wants help, over 200 groups meet in SF

- cost: none, donations accepted

### ALCOHOLICS REHABILITATION ASSOCIATION

1035 Haight St., SF, 94117

863-3661

- hours: M-F, 9am-5pm

- services: alcoholic recovery home (workhouse), 46 beds for women & men,  
general assistance accepted

- cost: dorm room - \$70.00/week; single room - \$105.00/week;

- double room - \$90.00/week

### A.C.C.E.P.T. (Alcoholism Counseling Center for Early Prevention & Training)

1287 - 11th Ave., SF, 941

681-2500

- hours: M-Thurs. 9am-9pm; Fri. 9am-5

- services: provides alcohol and co-alcohol counseling to individuals & groups

- cost: sliding scale, free adolescent program

## ASIAN AMERICAN RESIDENTIAL RECOVERY SERVICES

2024 Hayes, SF, 94117

386-4815

hours: office, M-F, 9am-6pm

services: residential alcohol & substance abuse treatment & prevention for young adults, 18-35 years old, focus on Asian American community, information & referral, classroom & public workshops provided upon request & provides information on AIDS

requirement: client must be San Francisco resident

cost: sliding scale, workshops are free

## FRIENDSHIP HOUSE - Comprehensive Recovery Center

Residential Facilities: 80 Julian, SF, 94103

431-6323

hours: M-F, 8am-5pm; residential services, 24 hours

services: provides residential services to men and women unable to live on their own because of an alcohol or drug abuse problem, out-patient services designed to meet the recovery needs of individuals, their spouses, & their families

## PACIFIC PRESBYTERIAN RECOVERY CENTER

2750 Geary Blvd., SF, 94118

921-6171, ext. 280

hours: 24 hours

services: alcoholic rehabilitation center, in-patient & out-patient center for medical and detox programs & programs for spouses and families

cost: call for fees

## HARRIET CENTER

444 - 6th St., SF, 94103

863-3250

hours: M-F, 7:30am-4:30pm, call for intake appointment

services: referrals, out-patient group therapy, & anti-abuse maintenance

cost: sliding scale

## HEARING IMPAIRED PROGRAM OF CATHOLIC SOCIAL SERVICES OF SAN FRANCISCO

St. Benedict's Center

2891 Bush St., SF, 94115

567-0540 (Voice & TTY); 567-4515 (Voice); 567-0605 (TTY)

hours: M-F, 9am-5pm and by appointment

services: provides counseling to hearing impaired alcoholics, individuals & families, consultations & advocacy

cost: sliding scale



MOBILE ASSISTANCE PATROL  
2940-16th St., Room 107, SF, 94103  
431-7400

hours: 24 hours

services: transports public inebriates at all hours to detox, call for services

NATIONAL COUNCIL ON ALCOHOLISM  
1049 Market St., Suite 507, SF, 94103-1605  
861-4000 - Voice; 861-8630 - TTY

hours: M-F, 9am-5pm & 24 hour hotline information center

services: information & referral, pre-treatment counseling for your own or  
another's drinking, all information is confidential

cost: none

WALDEN HOUSE  
815 Buena Vista West, SF, 94117  
552-7440

hours: M-F, 9am-5pm

services: alcohol & drug abuse residential rehabilitation programs

eligibility: SF resident, age 16-65 years old, eligible for food stamps,  
general assistance or private insurance coverage



# ***Consumer Complaints***

---

## **HOW TO AVOID BECOMING A VICTIM**

- ☐ Make sure your home or automobile legitimately needs repairs.
- ☐ Don't contract to have a job done immediately. ☐ Ask for identification, licenses, etc.
- ☐ Check out the company with the Better Business Bureau, or the Contracting State Licensing Board to see if they are licensed.
- ☐ Ask for a written estimate. ☐ Never pay cash. ☐ Don't be fooled by the low price.

## **BE AWARE**

A little common sense goes a long way and can prevent big losses. Remember, life's lessons turn your age and experiences into an asset.

- ☐ If it sounds too good to be true, it probably isn't true.
- ☐ Nobody gives you something for nothing.
- ☐ If a con artist looked or acted crooked he or she wouldn't be successful. These people are often attractive and sympathetic.
- ☐ Swindlers grow out of what is current in the headlines, such as earthquake, flood or fire relief frauds. Criminals prey on our carelessness when we overlook important details and precautions.





## CONSUMER COMPLAINT HOTLINES

### BETTER BUSINESS BUREAU

775-3300

description:

for complaints about products and services that do not function properly or do not comply with the purchase agreement; does not handle collections, medical complaints, or determine quality of work; conducts advertising surveillance & consumer education; resource for reliability reports; and mediates or arbitrates automobile warranties

### BUREAU OF AUTOMOTIVE REPAIR

800-952-5210

description:

for complaints against registered or unregistered auto repair mechanics

### CALIFORNIA PUBLIC UTILITIES COMMISSION - Consumer Complaint line

557-0350

hours: M-F, 8:30am-4:45pm

description:

handles complaints concerning utilities, communications, water or energy billing problems, termination of services, etc.

### CONTRACTOR'S STATE LICENSE BOARD

469-6200

description:

for complaints about home repair services performed by a licensed or unlicensed contractor

### STATE DEPARTMENT OF INSURANCE - Consumer Service Bureau

100 Van Ness, SF, 94102

557-3646

hours: M-F, 8am-4:30pm

types of complaints handled:

denial of a claim or given settlement less than indicated by the policy delay in settlement of a claim cancellation or termination of a policy misrepresentation by an agent, broker or solicitor misuse of premiums paid to an agent

how to file a complaint:

a written request must be sent to the Department of Insurance, it must include your name & address, name & address of the company, agent or broker & a short description of the problem, included should be copies of all necessary documents such as policies, cancelled checks & correspondence

NEW MOTOR VEHICLE BOARD

(916) 445-1888

description:

one of its duties is to handle complaints regarding  
newly purchased automobiles

OFFICE OF THE ATTORNEY GENERAL - Public Inquiry Unit

P.O. Box 944255, Sacramento, CA 94244-2550

800-952-5225

description:

handles consumer fraud law enforcement, information & referral to  
other agencies, i.e. complaints against law enforcement agencies  
should be submitted to local District Attorneys, publishes  
consumer brochures on the lemon law, women's rights handbook,  
open meeting laws (Brown Act), consumer protection

RENT ARBITRATION BOARD

170 Fell St., Rm. 16, SF, 94102

621-RENT

description:

For violations of the San Francisco rent ordinances involving  
such issues as illegal rent increases and rental deposits not  
returned

UNITED STATES POSTAL INSPECTOR-CONSUMER FRAUD

550-5625

description:

for any problems involving shopping by mail, not to be  
used for problems with the delivery of mail or the  
U.S. Postal Service

For further information regarding consumer complaints, defective merchandise,  
misleading advertising, tourist-related fraud, or any company doing business  
in San Francisco, please contact the SAN FRANCISCO DISTRICT ATTORNEY'S  
CONSUMER FRAUD UNIT. They are located at 880 Bryant St., Rm. 320 in San  
Francisco (94107), and can be contacted by phone at 553-1814. I strongly  
urge you to use the free mediation services available in English, Chinese,  
Spanish, and Tagalog.

## SERVICES FOR PERSONS WITH DISABILITIES

### AMERICAN NATIONAL RED CROSS - Golden Gate Chapter

1550 Sutter, SF, 94109

776-1500

hours: M-F, 8:30am-4:30pm

services: swimming lessons for persons with disabilities, cardio-pulmonary resuscitation classes & assistance during disasters

cost: sliding scale

### ARTHRITIS FOUNDATION

203 Willow, Ste. 201, SF, 94109

673-6882

hours: M-F, 9am-5pm

services: patient & physician research & education, information & referral, peer counseling & recreation

cost: nominal charges for literature & classes

### ASSOCIATION FOR RETARDED CITIZENS - San Francisco Chapter

3110 California, SF, 94115

931-3330

hours: M-F, 9am-5pm

services: provides sheltered employment, work training, job placement, education, independent living skills, support services for families & advocates for services for the developmentally disabled

requirements: call for an appointment

cost: none

### BIG BROTHERS/BIG SISTERS

414 Mason, SF, 94102

434-4860

434-4863 - TDD

hours: M-F, 9am-5pm

services: program for children who are deaf or hard of hearing, volunteers are carefully screened, have good communication skills (including sign language) & are matched in a one-to-one relationship with a child in need, supervision & support services are provided by the Hearing Impaired Program (HIP) coordinator

requirements: call the HIP coordinator for more information

### CALIFORNIA LEAGUE FOR THE HANDICAPPED

1299 Bush, SF, 94109

441-1980

hours: M-F, 8:30am-4:30pm; Sat. 10am-3pm

services: employment counseling, recreational activities for adults &

children, support groups for parents & families,  
transportation provided  
requirements: call for an appointment  
cost: none

#### CALIFORNIA SCHOOL FOR THE BLIND

500 Walnut, Fremont, CA 94536

794-3800

hours: M-F, 8am-4:30pm

services: students are visually impaired or blind and deaf, school is an  
alternative for students with no local programs

requirements: parents are residents of California, student must be between the  
age of 4 years & 9 months to 21 years, multi-handicapped

cost: no cost to the individuals

#### CALIFORNIA SCHOOL FOR THE DEAF

39350 Gallaudet Drive, Fremont, CA 94538

794-3666

794-3672 TTY

hours: M-F, 8am-4:30pm

residential program: 5 days/week, 24 hours

services: day & residential programs for the severely hearing impaired,  
comprehensive education program

requirements: services for northern California residents, students must be  
3 to 21 years old

cost: none

#### CALIFORNIA STATE DEPARTMENT OF REHABILITATION

2720 Taylor St., Ste. 420, SF, 94133

771-7200

30 Van Ness, SF, 94102

557-3800

hours: M-F, 8am-12pm, 1pm-5pm

services: evaluates & provides counseling to individuals with disabilities  
to become employable, assists with getting clients into training  
programs, pays tuition, transportation, books & equipment,  
aptitude testing & physical restoration services

requirements: drop-in to determine eligibility

cost: sliding scale

#### CAREERS ABOUND

1540 Market, Ste. 160, SF, 94102

861-8133

861-2748 TTY

hours: M-F, 9am-5:30pm

services: work experience career exploration for disabled youth

requirements: serves 14 to 24 years old

cost: none



CATHOLIC SOCIAL SERVICES - HEARING IMPAIRED PROGRAM

2891 Bush St., SF, 94115

567-4515

567-0540 TTY

hours: M-F, 9am-5pm & by appointment

services: counseling, information & referral, social services for hearing impaired

cost: sliding scale

CENTER FOR SPECIAL PROBLEMS

1700 Jackson, SF, 94109

558-4801

hours: MWTh, 8am-9pm; T & F 8am-5pm

intake hours - call for an appointment

services: serves persons over 14 years old in the criminal justice system, victim services, sexual minority youth (12-22) and gender identity crisis

cost: sliding scale & MediCal accepted

COMMUNITY ALLIANCE FOR SPECIAL EDUCATION

1031 Franklin, Ste. B5, SF, 94109

928-2273

hours: M-F, 9am-5pm

services: multi-county program of legal & paralegal services, education, community networking for the special education community, provides direct representation & education consulting to parents of children who need special education services & rights

cost: sliding scale, services not refused for inability to pay

DEVELOPMENTAL DISABILITIES COUNCIL FOR SAN FRANCISCO

101 Grove Street, SF, 94102

957-0674

services: all volunteer board, no direct services, provides advocacy, information & referral

DIAGNOSTIC SCHOOL FOR NEUROLOGICALLY HANDICAPPED CHILDREN - STATE OF CALIFORNIA

Lake Merced & Winston Drive, SF, 94132

469-6217

hours: M-F, 8am-4:30pm

services: residential program 5 days/week, 24 hours; diagnostic services for children with learning disabilities

requirements: services for northern California residents, students must be referred by their local school district

cost: none to the individual

EASTER SEAL SOCIETY OF SAN FRANCISCO

6221 Geary Blvd., SF, 94121

752-4888

hours: M-Th, 8:30am-4:30pm, self-referral or by Golden Gate Regional Center

services: information & referral, enrichment for infants with disabilities (birth to 3 years), physical, occupational & speech therapy, special education with social workers & parent support groups

cost: none if authorized by Golden Gate Regional Center

#### GARDEN HOSPITAL - JERD SULLIVAN REHABILITATION CENTER

2750 Geary Blvd., SF, 94118

921-6171

hours: M-F, 8am-5pm, call for appointment

services: physical, alcohol & drug rehabilitation, pain & stress workshops, skilled nursing and learning & development for persons with disabilities

#### GOODWILL INDUSTRIES

980 Howard St., SF, 94103

362-0778

hours: M-F, 7:30am-4pm

services: job placement & training for persons with disabilities, computer training, retail goods, ultimate goal is to place outside the organization

cost: computer training has small fee; all other services have no fees

#### HEARING SOCIETY FOR THE BAY AREA

1428 Bush, SF, 94109

775-5700

776-3323 - TDD

hours: M-F, 8:30am-5pm

services: information & referral, social work services for hearing impaired & their families, hearing aid loans & trials on doctor's recommendation, classes in aural rehabilitation, signing & lip reading

cost: most services are free, call for more information

#### INDEPENDENT HOUSING SERVICE

25 Taylor St., mezzanine level, SF, 94102

441-6781 - counseling

441-7713 - architecture counseling

441-6791 - TDD

hours: M-F, 9am-5pm, call for appointment

services: information & referral on housing for persons with disabilities, counseling & placement in housing

cost: none

#### INDEPENDENT LIVING RESOURCE CENTER

4429 Cabrillo St., SF, 94121

751-8765

751-7655 - TDD

hours: M-F, 9am-5pm, call for an appointment  
services: peer counseling, attendant referral, financial & legal benefits  
counseling, in-home advisory, information & referral  
cost: \$10-15, sliding scale

#### LIGHTHOUSE FOR THE BLIND

1155 Mission St., SF, 94103  
431-1481

hours: resource center, M-F, 10am-4:30pm  
office, M-F, 8am-5pm  
services: recreation center, adult classes, circulating Braille &  
cassette library  
cost: sliding scale

#### MULTIPLE SCLEROSIS SOCIETY

520 -3rd St., Ste. 104, Oakland, CA 94607  
268-0572

hours: M-F, 9am-5pm, call for appointment  
services: information & referral, medical equipment, counseling, some  
respite care, client advocacy & support groups  
cost: none

#### MUNI ACCESS FOR PERSONS WITH DISABILITIES

673-MUNI

services: call for information on MUNI services for the disabled

#### MUSCULAR DYSTROPHY ASSOCIATION

561 Pilgrim Dr., Ste. C, Foster City, CA 94404  
570-6166

hours: M-F, 9am-5pm, call for appointment  
services: SF Children's Hospital clinic, physical, occupational &  
respiratory therapy, orthopedic equipment & recreational  
programs  
cost: none

#### NATIONAL FOUNDATION OF THE MARCH OF DIMES

150 North Hill Dr., Ste. 14, Brisbane, CA 94005  
468-7400

hours: M-F, 9am-5pm, call for appointment  
services: information & public presentations, referral for parents &  
children with birth defects  
cost: none

#### PARATRANSIT

1109 Oak St., SF, 94117  
552-7908

hours: M-F, 8:30am-5pm  
services: provides taxi services, individual & group lift-equipped van service  
cost: sliding scale

## PARKING PERMITS FOR PERSONS WITH DISABILITIES

557-1191

services: call Department of Motor Vehicles for information to obtain the  
“blue” handicapped parking permits

## RECREATION CENTER FOR THE HANDICAPPED

207 Skyline Blvd., SF, 94132

665-4100

hours: M-F, 9am-5pm, call for an intake interview

services: provides day & evening recreation programs M-Sat., serves a  
broad range of disabled children, adults & seniors, swimming  
facilities, information & referral

cost: sliding scale

## SAN FRANCISCO COMMUNITY COLLEGE DISTRICT PROGRAM FOR THE HANDICAPPED

“Enabler Program”

50 Phelan Ave., Room B-404, SF, 94112

239-3381

hours: M-F, 8am-4:30pm

services: counseling, registration priority, elevator keys (\$1 deposit),  
peer advising, advocacy with faculty members, note-takers,  
interpreters for deaf students & books on tape

cost: none

## SAN FRANCISCO HEARING & SPEECH CENTER

1234 Divisadero, SF, 94115

921-7658

921-8990 - TTY

hours: M-F, 9am-5pm, call for appointment

services: audiology, hearing aid dispensing, speech evaluation & therapy  
for adults & children, language evaluation for children,  
pre-school classes for hearing impaired children, classes for  
children with aphasia & other language disorders

cost: sliding scale

## SAN FRANCISCO HOME HEALTH SERVICE

225 - 30th St., SF, 94131

285-5615

hours: M-F, 8:30am-5pm

services: varied care for the homebound, visiting nurse, physical &  
occupational therapy & senior meal service (7days/week)

cost: sliding scale, Medicare & MediCal accepted

## SAN FRANCISCO LIGHTHOUSE FOR THE BLIND

1155 Mission, SF, 94103

431-1481

hours: M-F, 8:30am-5pm, call for appointment



services: low-vision clinic, deaf & blind services for children & adults,  
recreation center, summer camp for youth & adults and a retail  
store for aids & appliances for the blind  
cost: sliding scale for some services

#### SAN FRANCISCO REHABILITATION CENTER

18 - 10th St., SF, 94103

431-9200

hours: M-F, 8am-4:30pm

services: vocational rehabilitation & job placement for all disabled  
persons including deaf and visually handicapped; Pacific/Asian  
program available, program for the blind including counseling,  
evaluation & job placement

requirements: call for more information, ask for intake coordinator

languages: Cantonese, Spanish and American Sign

#### SPECIAL OLYMPICS

741 - 30th Ave., SF, 94121

221-6575

hours: office, M-F, 8:30am-4:30pm

services: year-round sports training, competition & recreation for  
mentally handicapped children & adults

cost: none

## EMERGENCY FOOD & CLOTHING

### BAY AREA WOMEN'S RESOURCE CENTER

318 Leavenworth, SF, 94102

474-2400

hours: M-Th, noon-4pm

services: direct services, organizing & advocacy for issues  
affecting women & children

requirements: none

### FELLOWSHIP MANOR

1201 Golden Gate, SF, 94102

922-0154

hours: M-F, 1pm-2pm

services: mid-day meal provided to adult homeless

requirements: none

cost: none

### GLIDE CHURCH

330 Ellis, SF, 9410

771-6300

hours: breakfast, 8am-9am; lunch, noon-1pm; dinner, 4pm-5:30pm

requirements: none

cost: none

### HOSPITALITY HOUSE

146 Leavenworth, SF, 94102

776-2103

hours: M-F, 9am-11am, 1pm-3pm, 6pm-8pm

services: provides free clothing for men & women

### LIFELINE MISSION

917 Folsom, (near 5th St.), SF, 94107

422 Guerrero, SF, 94110

mailing address: P.O. Box 410445, SF, 94141

861-4820

hours: open daily, except closed on W & Sun.

services: food boxes on M & F

requirements: in order to receive food boxes, one must be referred by  
United Way, Salvation Army or a church

### MACEDONIA MISSIONARY BAPTIST CHURCH

2135 Sutter, SF, 94115

346-1154

hours: 11am-4pm, 4th Saturday of each month

services: free meals

cost: none

MARTIN DE PORRES

2826 - 23rd St. (at Bryant), SF, 94110

552-0240

hours: M-F, 6am-7:30pm

T-Sat., noon-3pm

Sun., 9am-10:30am

services: soup kitchen

cost: none, all welcome

ONE MIND TEMPLE

351 Divisadero, SF,

621-4054

hours: vegetable meals/M-F, 3:30-4:30pm

music lessons/Th, 4:30-6pm

clothing distribution/2:30-5:30pm

cost: none

PHILADELPHIAN SEVENTH DAY ADVENTIST CHURCH

2520 Bush, SF, 94115

567-0263

hours: M-F, breakfast/8-9am

vegetable lunch/noon-1:45pm

cost: none

ST. ANTHONY'S DINING ROOM

45 Jones St., SF, 94102

552-3838

hours: daily, 10am-12:30pm

services: hot meal served to men, women, & children

cost: none

SAN FRANCISCO GOSPEL MISSION

219 - 6th St., SF, 94103

495-7366

hours: doors open daily at 1:30pm

services: clothes, shower, shave, & sleeping facilities for men only,

free dinner: M-Sun. doors open at 6pm

services at 7pm

dinner at 8pm

cost: none

## EMERGENCY SHELTER

### DIAMOND STREET YOUTH SHELTER

536 Central, SF, 94117

567-1020

hours: M-Sun, 9:45pm-8am, office hours: 9am-9pm

services: provides emergency shelter, food, crisis counseling and comprehensive referrals to homeless and runaway youth between the ages of 12 and 17, maximum stay is 10 days, all services are strictly confidential

### EPISCOPAL SANCTUARY

women's shelter: 201 - 8th St., SF, 94103

men's shelter: 174 - 8th St., SF, 94103

863-3893

hours: M-Sun., women's shelter, 7:15pm-7am

men's shelter, 8pm-7am

services: social services, meals & shelter for over 200 persons a night

eligibility: elderly with disabilities (55 years & older) & single women

cost: none

### HAMILTON METHODIST CHURCH

1525 Waller, SF, 94117

566-2416

hours: office, M-F, 8am-1pm; shelter, M-Sun., 9:30pm-7:45am

services: shelter, evening meal, breakfast & showers available

eligibility: 1-2 parent family with children, pregnant women & couples

cost: \$1 donation per family per night, will not deny services to persons unable to pay

### SAN FRANCISCO INTERNATIONAL HOSTEL

Fort Mason, corner of Bay & Franklin, Bldg. 240, SF, 94123

771-7277

771-1045 - reservations, MWTh, 10am-noon

hours: M-Sun, 7am-2pm, 4:30pm-midnight, check-in until 11:30pm

services: stay up to 3 days, dormitory style for education/recreation travelers of all ages

eligibility: present i.d. showing that you live outside of the Bay Area

cost: \$9/person per overnight

### HUCKLEBERRY HOUSE

1292 Page St., SF, 94117

621-2929

hours: 24 hours

services: crisis housing, food & counseling for youth 12-17 years, 48 hour limited stay, specializes in counseling sexual minorities & prostitutes, space limited to 6 beds

cost: none



LARKIN STREET SERVICES

1044 Larkin, SF, 94109

673-0911

hours: M-F 9:30am-10pm

services: crisis shelter, information & referrals, counseling, meal  
vouchers, drop-in center, medical clinic, recreation, tutoring &  
job training

eligibility: 12-17 years

cost: none

LIFELINE MISSION - HEAVEN'S GATE, Emergency Shelter for Women

861-4422

services: shelter provided for any single woman and her children up to age 10

requirements: must call for an interview

OLD ST. MARY'S CHURCH

660 California (at Grant Ave.), SF, 94108

986-4388

hours: bed tickets issued at 5pm, 7 days/week

services: all services are through St. Vincent de Paul Society  
(see opposite page ); emergency shelter, separate facilities for  
men & women with children, no family accommodations

RAPHAEL HOUSE - Sister Christina

474-4621

hours: 24 hour referral service

services: housing, food, clothing & counseling for families with children  
residing in the shelter

requirements: call first

cost: \$3/day per adult, \$2/day per child

ST. ANTHONY'S

121 Golden Gate, SF, 94102

552-3838

hours: office, 8:30am-4:30pm

Dining Room

hours: doors open at 10:15am till approximately 12:30pm

cost: free

Bed Tickets

services: 40 bed tickets issued in dining room line, can remain in  
shelter from 6pm-6am, available M-Sunday

Senior Outreach Program

services: outreach to seniors in the Tenderloin area, will visit  
and make phone contact, call for more information

### Community Distribution Program

services: clothing & furniture distribution to those in need

requirements: must be referred by a social service agency, call for more information

### Drop-In Center

45 Jones Street, SF, 94102

hours: 6:30am-8:30am; 1:30pm-10pm

services: coffee in the morning, counseling & referrals, shower and barber facilities

### Madonna Residence

928-0743

hours: office, 8:30am-4:30pm

services: residence provided for senior women, room and board

requirements: low-income, call for more information

### Rehabilitation Program

55 Jones, SF, 94102

552-3838

hours: M-F, 8:30am-4:30pm

services: provides rehabilitation and work experience to alcohol and substance abusers, also provides temporary residence for 35-40 men who exchange work on St. Anthony's Farm for room and board

requirements: must telephone or drop-in for an interview

### Senior Spring Garden Activities Program

50 Oak, SF, 94102

552-5545

hours: office, 8:30am-4:30pm

services: daily senior activities from 10am to mid-afternoon

requirements: limited to specific geographical boundries, call for more information

### ST. VINCENT DE PAUL SOCIETY

1175 Howard, SF, 94103

863-3315

services: 29 beds for men only, tickets for each evening must be picked up at Old St. Mary's Church @ California & Grant before 5pm, first come, first served basis

cost: none

### SALVATION ARMY EMERGENCY SHELTER

445-9th St., SF, 94103

861-0755

services: emergency shelter, first come, first serve basis

requirements: must show up in person before 8:30am

cost: none

SHELTER HOTLINE - S.F. Department of Social Services

431-2253, 431-2254

431-2255 - after 4pm

services: tape recorded referrals for immediate housing for single adults  
& childless couples

TRAVELER'S AID

38 Mason St.(at Turk), SF, 94102

781-6738

hours: M-F, 9am-noon, 1pm-4pm (closes early many days because of  
limited intake)

services: counseling service for newly arrived and/or stranded people,  
referral service & survival assistance

requirements: must be a newcomer to SF, here less than 45 days

## FAMILY AND CHILDREN'S SERVICES

### AUDREY L. SMITH DEVELOPMENTAL CENTER, Inc.

1050 McAllister St., SF, 94115

346-3268

1101 Masonic, SF, 94117

863-0909

hours: M-F, 7am-6pm

services: services address families with children 2 weeks to 11 years residing in the Western Addition and Haight Ashbury, educational, psychological, nutritional and health screening, childcare provided for parents in school, in training or vocational setting, can also provide respite care M-Sun., 24 hours/day

### CATHOLIC YOUTH ORGANIZATION - Urban Development

180 Fair Oaks, SF, 94110

826-6880

hours: M-F, 9am-5pm

services: student opportunity services including an employment program

### Mission Recreation Project

services: provides free recreation activities for youth 6-21 years

### Los Mayores de Centro Latino

services: senior meals & nutrition program, meals delivered, & advocacy with social services and welfare agencies

cost: \$.50 for meals

### CENTER FOR HEALTH STATISTICS BRANCH - STATE DEPARTMENT OF HEALTH SERVICES

address: Office of State Registrar

410 "N" St., Sacramento, 95814

(916)445-2684

hours: M-F, 8am-5pm

services: call for copies of birth, death & marriage certificates

cost: birth - \$11, death - \$7, marriage - \$11

### CENTER FOR SPECIAL PROBLEMS

1700 Jackson, SF, 94109

558-4801

hours: for child abuse counselor: M, 12:30pm-5:30pm

Th, 10:15am-1:30pm

T, 10:30am-3:30pm F, 10am-1pm

services: group & individual counseling for perpetrators & victims of child sexual abuse

cost: sliding scale, MediCare, MediCal accepted

CHILD CAR SAFETY SEAT RENTAL - SF Department of Public Health

240 Shotwell, 2nd Floor, SF, 94110

558-2403

hours: M-F, 10am-noon, 1pm-4:30pm

services: car seat rentals for infants (20 lbs. or 26") & toddlers, on loan  
for no longer than 9 months & one time rental only

eligibility: valid California Driver's License with current address, must be  
resident of San Francisco

cost: \$18.00 deposit, \$15.00 returned if seat returned in good  
condition

CHILDCARE SWITCHBOARD

3896 - 24th St., SF, 94114

282-7858

branch office: 100 Whitney Circle, SF, 94124

285-3060

hours: M - Thurs. 9am-4:30pm; Tues. 9am-7pm; Fri. 9am-noon

services: information & referral, parent drop-in, & single parent resource  
center

CHILD DEVELOPMENT CENTER - CHILDREN'S HOSPITAL

3700 California St., SF, 94118

750-6200

hours: M-F, 9am-5pm

services: evaluation, diagnosis, treatment & counseling of neurological &  
developmentally handicapped children

cost: sliding scale

CHILD GUIDANCE CLINIC - CHILDREN'S HOSPITAL

3626 Geary Blvd., SF, 94118

750-6019

hours: 8:30am-5pm, call for an appointment

services: outpatient psychiatric services for children, adolescents, &  
adults, individual, family & group therapy

cost: sliding scale, fee for initial session

CHILDREN RIGHTS GROUP

693 Mission, Suite 600, SF, 94105

495-7283

hours: M-F, 9am-5pm

services: information & advocacy to families with children, information on  
employment related childcare, nutrition & health services

cost: varied fees depending on services

CHILDREN'S COUNCIL

3896 - 24th St., SF, 94114

282-7858, 647-0778

hours: M-Thurs. 9am-4:30pm; drop-in 1:30pm-4:30pm;  
referral services, Tues. 5pm-7pm



services: legislative information & technical assistance to children's programs, provide referrals for childcare in SF, drop-in center for parents

cost: none

#### CHILDREN'S SELF-HELP PROJECT

170 Fell St., Rm. 34, SF, 94102

552-8304

hours: M-F, 9am-5pm

services: sexual abuse prevention program in the schools, safety classes & workshops for children 21/2-18 years old, parents, teachers & health professionals

cost: fees for professional groups & private schools

#### FAMILY SERVICE AGENCY OF SAN FRANCISCO

1010 Gough St., SF, 94109

474-7310; 24 hour crisis line: 441-KIDS

hours: M-F, 8:30am-8:30pm

services: provides services to families under stress, aid to families with problems in physical, mental, & emotional development of children

cost: sliding scale

#### FLORENCE CRITTENTON SERVICES

840 Broderick, SF, 94115

567-2357

hours: daycare, 8am-5pm; residential, 24 hours; intake, 9am-5pm

services: residential treatment center for young, single pregnant girls & single parents with infants up to 3 years, daycare center and neighborhood daycare also serve single parents in the community

cost: sliding scale

#### JAPANESE FAMILY SERVICE PROGRAM-Family Service Agency of San Francisco

1010 Gough St., SF, 94109

474-7310

hours: M-F, 9am-5pm, call for evening appointments

services: mental health counseling for Japanese Americans & immigrants home visits for marital adjustments, divorce, school difficulties, parent-child communication, & other personal problems, all information is confidential

cost: sliding scale

#### JEWISH FAMILY AND CHILDREN'S SERVICES

1600 Scott, SF, 94115

567-8860

hours: 8:30am-5pm, call for evening appointments

services: comprehensive counseling for all ages, a "Children of Divorce" program, family life education, widow/widower program & adolescent group homes

cost: sliding scale

Parent's Place  
3272 California, SF, 94118  
563-1041

services: drop-in center for expectant parents & parents of children up to 6 years, classes & support groups

United Jewish Community Centers  
3195 California St., SF, 94118  
929-1986

call for more information

#### PARENT AND INFANT NEIGHBORHOOD CENTER

One Banneker Way, Suite B, SF, 94102  
621-4786

hours: M-F, 7:30am-5pm

services: acute care for families under high stress who have been deemed high risk families

cost: sliding scale

#### PROJECT READ

San Francisco Public Library - Civic Center  
SF, 94102  
621-7323

hours: M-F, 9am-5pm

services: provides tutors for English speaking adults who wish to learn basic reading skills, sites are city-wide, special materials available in all libraries, tutors available to assist other literacy programs, comprehensive literacy services directory available to direct service agencies at no charge

cost: none

#### SAN FRANCISCO UNIFIED SCHOOL DISTRICT PUBLIC SCHOOL ENROLLMENT

170 Fell St., Rm. 16, SF, 94102  
565-9476

hours: M-F, 8am-4:40pm, call for an appointment

services: for enrollment in public schools, parents must prove they are San Francisco residents and provide document(s) to prove the age of the child

cost: none

#### TENDERLION FAMILY PROGRAM

875 O'Farrell, SF, 94109  
885-0555

hours: M-F, 9am-5pm

services: psychotherapy program for children & their families in the Tenderloin and South of Market area

languages: Cantonese, Mandarin & Vietnamese

cost: sliding scale

WU YEE REFERRAL CENTER  
777 Stockton, Room 202, SF, 94108  
391-8993

hours: M-F, 9am-5pm

services: childcare information & referrals

languages: Chinese

cost: none

# Fact vs. Fiction

## Ten Things You Should Know About AIDS

### 1. Little is actually known about AIDS.

☐ TRUE ☒ FALSE

We know that AIDS is caused by a virus variously called HTLV III, LAV, or ARV that attacks and destroys the immune system and leaves the body vulnerable to a variety of life-threatening illnesses. We also know how it is and isn't spread and how to protect ourselves from the disease.

### 2. Anyone, regardless of gender, race, age, or sexual orientation could contract or transmit AIDS.

☒ TRUE ☐ FALSE

While over 70% of the AIDS patients in this country are gay, the disease also strikes heterosexuals, intravenous drug users, hemophiliacs and their sex partners.

### 3. AIDS can be spread through casual contact.

☐ TRUE ☒ FALSE

AIDS is transmitted only through clearly identifiable sexual activities and by blood to blood contact. According to Dr. James Curran, Director of AIDS Activities for the Centers for Disease Control, "No evidence supports AIDS transmission by the airborne route, by objects handled by people with AIDS, or by contaminated environmental surfaces." There is also no evidence that saliva, sweat, or tears transmit the AIDS virus.

### 4. There is no simple test to diagnose AIDS.

☒ TRUE ☐ FALSE

At the present time, AIDS can only be diagnosed by finding a life-threatening illness that would not be found in a person with a fully functioning immune system. There is, however, the AIDS antibody test, used primarily to screen the nation's blood supply, which can detect the presence in the blood of antibodies to the AIDS virus.

### 5. There is a vaccine against AIDS.

☐ TRUE ☒ FALSE

At this time, there is no vaccine that will make a person immune to AIDS. Understanding how the AIDS virus is spread and learning how to prevent its transmission are the only ways to slow the epidemic.

### 6. AIDS cannot be prevented.

☐ TRUE ☒ FALSE

Avoiding contraction or transmission of AIDS requires following the same precautionary steps as with other sexually transmitted diseases—do not allow semen, blood, urine, feces, or vaginal secretions to enter the body. Use condoms for all types of sexual intercourse. Avoid all forms of blood to blood contact including the sharing of hypodermic needles, razors, and toothbrushes.

### 7. There is a high risk of acquiring AIDS from a blood transfusion.

☐ TRUE ☒ FALSE

The nation's blood supply is now screened for AIDS contamination and is considered to be safe.

### 8. The general public should not be concerned about AIDS.

☐ TRUE ☒ FALSE

Already, over 10,000 Americans have been killed by this nearly always fatal disease. The number of people suffering from AIDS continues to increase.

The economic and social impact is staggering. In the workplace, co-workers with valuable skills and contributions to make are gone. Loved ones are lost. And a wave of hysteria—termed "AFRAIDS" by one national publication—threatens the civil rights and well-being of literally tens of millions of Americans—including many beyond the high risk groups.

### 9. No end to this health crisis is in sight.

☐ TRUE ☒ FALSE

While there is currently no treatment or cure for people with AIDS, federal and private agencies are increasingly devoting more time and funding to AIDS research. And with increased public awareness about AIDS—its cause and transmission—the spread of the disease can be controlled.

Public education and social service programs can also offer hope, tangible support and desperately needed services.

### 10. There is little an individual can do to help.

☐ TRUE ☒ FALSE

Being informed about AIDS is absolutely vital if the disease and the wave of hysteria accompanying it are to be controlled. It is also critical that we offer the same social and emotional support to AIDS patients as we would to anyone with a life-threatening illness.

Volunteering at any one of the many AIDS agencies is another way to help. **And of course, your financial support can ensure that needed services and vital public education get to those who need it the most.**



San Francisco AIDS Foundation  
333 Valencia Street  
San Francisco, CA 94103  
415-864-4376

*Fight the fear with the facts.*





## GAY SERVICES

### GAY BAY AREA YOUTH SWITCHBOARD

P.O. Box 846, SF, 94101

386-4297

daily

services: peer counseling information on resources for gay & lesbian youth, & information on current activities

### LANGLEY-PORTER INSTITUTE

401 Parnassus, SF, 94122

476-2215

hours: M-F, 8:30am-5pm, call for appointment

services: adult out-patient clinic, one-to-one therapy & counseling groups for gay men

cost: sliding scale

### LESBIAN RIGHTS PROGRAM

1370 Mission St., 4th Floor, SF, 94103

621-0674

hours: M-F, 9am-5:30pm, call for appointment

services: legal education, counseling & representation for issues where lesbianism is a concern, (custody, employment, public accommodations, etc.

cost: none

### OPERATION CONCERN - Pacific Medical Center

1853 Market, SF, 94103

626-7000

hours: M-F, 9am-9pm

services: mental health agency serving lesbians, gay men & their families, couple counseling, support & psychotherapy groups, crisis intervention, training & education for seniors & outreach

cost: sliding scale

### PARENTS AND FRIENDS OF LESBIANS AND GAYS OF THE SAN FRANCISCO BAY AREA

Francis Lutheran Church

152 Turk, SF, 94102

928-2748

hours: meetings held 2nd Sunday of each month at 2:00pm

services: provides support and referrals for families and friends of gay persons

cost: \$15.00 per year, newsletter \$5.00/year

## HEALTH ORGANIZATIONS

### SAN FRANCISCO A.I.D.S. FOUNDATION

333 Valencia, 4th Floor, SF, 94103

business office: 864-4376

hotline: San Francisco, 863-AIDS

Northern California, toll free, 800-FOR-AIDS

hours: business office, M-F, 9am-5pm

services: counseling, group orientation meetings, short-term housing, assistance in locating permanent housing, applying for disability benefits or medical coverage, coping with housing & employment concerns for people with AIDS or ARC, provides educational materials

cost: none, however if large quantities of publications are ordered, there will be a fee

### AIDS HEALTH PROJECT

333 Valencia St., 4th Floor, SF, 94103

626-6637

hours: M-F, 9am-5pm

services: support groups for health promotion & AIDS risk reduction, training for mental health & substance abuse professionals, alternate test site result reporting program

cost: none

### AMERICAN CANCER SOCIETY

545 Post St., SF, 94109

673-7979

hours: M-F, 9am-5pm

services: information and referral for patients; will provide information on treatment options, financial assistance and insurance, individual or group counseling, patient education sessions; will provide to certain patients nutritional supplements, equipment rental, transportation to and from radiation or Chemotherapy treatments; limited home care program

requirements: none - all inquiries will be answered

### AMERICAN DIABETES ASSOCIATION OF NORTHERN CALIFORNIA

12 Geary, Room 203, SF, 94108

397-3373

hours: M,T - 9am-1pm; W,Th,F - 9am-4pm

services: educational program on diabetes, films, literature, for those 65 years or older will provide doctor referrals, relative support groups and classes

requirements: none

cost: none

AMERICAN RED CROSS

1550 Sutter St., SF, 94109

776-1500

hours: M-F, 8:15am-4:30pm

services: first aid & emergency care classes, cardiopulmonary resuscitation  
classes, continuing education for nurses

languages: Chinese

cost: none

ARTHRITIS CLINIC OF THE UNIVERSITY OF CALIFORNIA IN SAN FRANCISCO

400 Parnassus, Room A540, SF, 94143

476-3971

hours: Arthritis Clinic - T,Th, 1pm-3:30pm

Lupus Clinic - T,Th, 1pm-3:30pm

services: screening services and referrals

requirements: multiple joint problems or doctor referral

cost: sliding scale

CENTRAL EMERGENCY

50 Ivy (Polk & Grove), SF, 94102

558-5432

hours: M-Sun., 24 hours

services: first aid medical service

cost: standard fees

languages: Chinese, not available on 24 hour basis

DIABETIC YOUTH FOUNDATION

1128 Irving Street

San Francisco, CA 94122

hours: 9am-5pm Monday-Friday

cost: none (summer camp fee)

services: education, training and counseling services offered to  
children and families of children who are diabetic.

A parent support group is also available. For a fee,  
diabetic youth can attend a summer camp.

DISEASE CONTROL

101 Grove, Room 402, SF, 94102

558-4046

hours: M-F, 8am-5pm

services: the department can give you information on vaccinations for  
travel, disease outbreaks in specific countries and other  
related subjects

requirements: none

cost: none

#### EASTER SEAL SOCIETY

6221 Geary Blvd., SF, 94121

752-4888

hours: M-Th, 9:45am-noon

services: serves children from birth-3 years of age, physical therapy, occupational therapy, special educators for disabled children, social worker available and advocacy

requirements: must have prescription from a physician

cost: none

#### EYE CLINIC AT PACIFIC MEDICAL CENTER

2340 Clay St., SF 94115

923-3901

hours: M-F, 8:30am-5:30pm

services: full eye care

languages: Chinese, Spanish, interpreters available for other languages

cost: sliding scale with proof of income, MediCal and MediCare accepted

#### FAMILY PLANNING CLINIC AT SF GENERAL HOSPITAL MEDICAL CENTER

1001 Potrero Ave., Room 5M10, SF, 94110

648-6300

hours: MWThF, 8:30am-11am, noon - 4:30pm; T, 11am-7pm

you must call for an appointment

services: birth control, male & female sterilization, & teen family planning services

cost: sliding scale, call for details

#### FAMILY SURVIVAL PROJECT FOR BRAIN-DAMAGED ADULTS

44 Page, Ste. 600, SF, 94102

626-6556

hours: M-F, 9am-5pm

services: provides services to caregivers of adults with brain impairments after the age of 18 years, i.e. Alzheimer's, stroke, Parkinson's, Lou Gerhig, head injuries, etc., information & in-services for health care providers, information & referrals, support groups for relatives, legal & financial counseling, respite program, serves 6 Bay Area counties

cost: no charge for legal, information & referral & support groups; sliding scale for respite care & family counseling sessions; no one refused services for lack of ability to pay

#### FORT MILEY HOSPITAL

42nd Avenue at Clement, SF, 94122

221-4810

requirements: will see veterans only, patients must be seen at other VA medical centers before receiving services at Fort Miley



#### GARDEN SULLIVAN HOSPITAL OF PACIFIC MEDICAL CENTER

2750 Geary Blvd, SF 94118

out-patient: 931-1613; in-patient: 921-6171

hours: M-F, 7pm-10pm

services: multiple rehabilitation programs for in and out-patients,  
services for the chronically ill and disabled, learning  
development program for children, counseling and support,  
referrals and parent counseling groups, physical rehabilitation,  
alcohol and drug abuse program, skilled nursing care

#### HAIGHT-ASHBURY MEDICAL CLINIC

558 Clayton, SF, 94117

431-1714

for emergency call 821-8111, San Francisco General Hospital

hours: M-F, 1pm-4:30pm day clinic - call to make an appointment

M-Th, 6pm-10pm night clinic - call between noon - 1pm for same  
day appointment

appointments given on a first call, first serve basis

services: general medical services and lab tests

cost: free, donations accepted

requirements: none

#### HEALING PROJECT

729 Oak, SF, 94117

552-3038

hours: call for an appointment

services: support groups for people with AIDS & related conditions, based  
on attitudinal healing, world-wide AIDS healing meditation  
service at 7pm, 5 minutes daily, nutrition & AIDS counseling,  
doctor referrals

cost: sliding scale, will not deny services if unable to pay

#### HEALTH SERVICES INFORMATION FOR MEDICALLY INDIGENT ADULTS PROGRAM

S.F. Department of Public Health

101 Grove St., Room 323, SF 94102

863-2036

hours: M-F, 8am-5pm

services: medical services referral for Medically Indigent Adults,  
information available by phone only

languages: English and Tagalog

#### HEARING SOCIETY FOR THE BAY AREA

1428 Bush St., SF, 94109

775-5700, TTY: 776-DEAF

hours: M-F, 8:30am-5pm

services: audiological counseling, hearing aid loan program,  
rehabilitation counseling and psychotherapy, various support  
services, interpreters

cost: sliding scale fee for most patients, \$40.00 processing fee for hearing aid loan program, will not deny services to persons unable to pay

#### HEART ASSOCIATION OF SAN FRANCISCO

421 Powell St., SF, 94102

433-2273

hours: M-F, 8:30am-5pm

services: information and referral, youth education, nutrition counseling, speakers bureau

cost: membership, \$10.00/person, \$15.00/family; call for costs of other services

languages: materials in Chinese, Spanish and English

#### LYON-MARTIN WOMEN'S HEALTH SERVICES

2480 Mission, Ste. 214, SF, 94110

641-0220

hours: T, 9am-9pm; WThF, 9am-5pm, call for an appointment

services: general medical services, includes gynocology & acupuncture

requirements: must be at least 18 years old

cost: accepts MediCal & MediCare, sliding scale

#### MISSION NEIGHBORHOOD HEALTH CENTER

240 Shotwell, SF, 94110

552-3870

hours: M-F, 10am-5pm

services: pediatrics, adult medicine, podiatry, allergies, dermatology, gynocology, family planning and optometry

requirements: must come in to register

languages: Spanish

cost: provides discount with verification of address and last two paycheck stubs, will accept insurance, MediCal and MediCare

#### MOBILIZATION AGAINST AIDS

2120 Market St., SF, 94114

431-4660

hours: M-F, 9am-9pm, call for an appointment

services: health & civil rights advocacy to protect the civil rights of people with AIDS, ARC & other high risk groups, works to obtain funding for research & services dealing with AIDS

cost: none

#### MT. ZION HOSPITAL AND MEDICAL CENTER

1600 Divisadero, SF 94115

885-7529

hours: M-F, 8am-5pm

services: physical, laboratory work, dental and hearing services, screening done on Tuesdays beginning at noon

requirements: must be 60 years of age and have not been to a physician in at least 1 year, must call for an appointment

cost: none

MT. ZION HOSPITAL DENTAL CLINIC

1600 Divisadero, SF, 94115

567-6600, ext. 7335

hours: M-F, 8am-4:30pm

services: all phases of dentistry

cost: insurance or current MediCal card

NORTH EAST MEDICAL SERVICES (NEMS)

1520 Stockton St., SF, 94108

391-9686

hours: M-F, 8:30am-5pm; Sat; 9am-noon

services: comprehensive primary medical care, nutrition education and social services

requirements: most services are available to residents of northeast San Francisco (within boundaries of Embarcadero, Bush & Van Ness), serves San Francisco residents with cultural or language difficulties

languages: Chinese, Vietnamese, Tagalog, Burmese

eligibility: NEMS membership

cost: sliding scale for members, full price for non-members

PACIFIC COAST HOSPITAL - CALIFORNIA COLLEGE OF PODIATRIC MEDICINE

1835 Ellis, SF 94115

563-3444

hours: M-F, 9am-11am; 1pm-3:30pm, call for an appointment

services: general podiatric services, foot surgery, bowel mechanics, primary foot care and primary health care center

requirements: none

cost: \$22.00 for the first visit, sliding scale for follow-up visits, also provides free foot exams

PACIFIC MEDICAL CENTER - LOW VISION SERVICE

2340 Clay, SF, 94115

923-3933

hours: M-F, 8:30am-5:30pm

services: comprehensive visual rehabilitation services

requirements: call for details

languages: German, French, Dutch, Spanish & Chinese available

cost: \$180.00 for complete services during 6 month period, will accept MediCare, MediCal and private health insurance

PARENTS ACTION FOR CHILDRENS CANCER TREATMENTS

1053 Howard St., SF, 94103

863-3012

hours: vary, call for information

services: financial aid program to assist with non-medical expenses, hosts annual conferences for families

costs: none

**ST. ANTHONY'S CLINIC**

105 Golden Gate Avenue - Adult Service  
107 Golden Gate Avenue - Children Services  
864-0241

hours: call for an appointment, MWF, 8:30am-10:30am, 1:30pm-4pm  
services: full medical  
requirements: none  
languages: Spanish, Cantonese, Laotian, Thai & Vietnamese  
cost: none

**ST. BENEDICT'S CENTER FOR THE DEAF AND HARD OF HEARING**

2891 Bush St., SF, 94115

567-9855

567-0438 (TTY)

hours: M-F, 9am-5pm  
services: interpreting, self-help counseling, job placement & development,  
sign language instruction, summer camp for deaf children &  
religious services for the deaf in American sign language  
requirements: person must be deaf or hearing impaired  
languages: voice - Spanish & Russian  
sign - ASL, Mexican sign language, limited Chinese and Japanese  
cost: none

**ST. LUKES'S NEIGHBORHOOD CLINIC**

1580 Valencia St., SF, 94110

641-6500

hours: M-F, 8am-4:30pm, appointments available at 8:30am and 12:30pm only  
services: all medical services, no dental  
requirements: household income must be very low, call for more details  
languages: Spanish  
cost: sliding scale based on income, maximum charge per visit - \$16.00

**ST. MARY'S CLINIC**

2235 Hayes St., SF, 94117

750-5500

hours: general medical services - M-F, 8am-5pm  
call for individual clinics for their specific hours  
services: full range of medical services, general medicine and specialties  
requirements: must register as a St. Mary's patient  
languages: all Indo-Asian and Spanish  
eligibility: will accept MediCal, but will not accept "Medically Indigent Adults"  
cost: sliding scale

**ST. MARY'S DENTAL CLINIC**

2235 Hayes St., SF, 94117

750-5522

hours: M-F, 8:30am-4pm  
services: complete dental care  
requirements: must be registered patient with St. Mary's Medical Clinic  
languages: all Indo-Asian & Spanish



eligibility: will accept MediCal, but will not accept "Medically Indigent Adults"  
cost: sliding scale for members, non-members should call for costs

#### SAN FRANCISCO AIDS ALTERNATIVE HEALING PROJECT

513 Valencia St., SF, 94110

861-1101, 558-9292

hours: call for details

services: natural & holistic approaches to AIDS, support groups, free practitioner referrals

cost: call for details

#### SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

101 Grove St., SF, 94102

558-2896

For more information, immunizations, well-child conferences, dental services for children, cancer screening for women, family planning, pregnancy tests, physical exams, environmental health services, public health nursing and health education, call the District Health Center nearest to your home.

##### District Health Center #1

3850 - 17th Street (near Noe), SF, 94114

558-3905

hours: M-F, 8am-5pm

services: family planning & other health services, call for more information

requirements: San Francisco resident

languages: Spanish

cost: \$5.00 registration; family planning - sliding scale of \$1.00 to \$27.00

##### District Health Center #2

1301 Pierce, SF, 94115

558-3256

hours: M-F, 8am-5pm

services: health services, environmental health, methadone clinic & Women, Infant & Children Food Program

requirements: San Francisco resident

languages: Chinese, Spanish & Korean

cost: \$5.00 registration

##### District Health Center #3

1525 Silver Ave., SF, 94134

468-3664

hours: M-F, 8am-5pm

services: health screening, environmental health, dental clinic for children only & Women, Infant & Children Food Program

requirements: San Francisco resident

languages: Spanish & Chinese

cost: \$5.00 registration



District Health Center #4

1490 Mason, SF, 94133

558-3158

hours: M-F, 8am-5pm, call for an appointment

services: family planning, environmental health, chest & dental  
clinics, health screening

requirements: San Francisco resident

languages: Cantonese & Vietnamese

cost: \$5.00 registration

District Health Center #5

1351 - 24th Avenue, SF 94122

661-4400

hours: M-F, 8am-5pm

services: family planning, well-baby clinic, pregnancy testing, health screening

requirements: San Francisco resident

cost: \$5.00 registration fee, sliding scale for family planning

SAN FRANCISCO GENERAL HOSPITAL DENTAL CLINIC

1001 Potrero Ave., SF, 94110

821-8465, ext. 8106

hours: M-F, 9am-11am, 1pm-3pm, call for appointment, drop-in available  
for oral surgery only

services: general dentistry

requirements: none

languages: interpreters available for most languages

cost: MediCal accepted, sliding scale, extraction - \$25.00

SAN FRANCISCO SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS  
HEARING DOG PROGRAM

2500 - 16th Street, SF, 94103

621-2174, 554-3020, TTY-554-3022

hours: M-F, 8:30am-5pm

services: trains dogs from shelters to serve the hearing impaired

requirements: persons must be at least 18 years old, hearing impaired, California  
residents and capable of providing a good home for the dog

language: American sign language

cost: none

SAN FRANCISCO STROKE PROGRAM

Stonestown Senior Center

333 Eucalyptus, SF, 94132

759-9622

661-4400 - Department of Public Health

hours: exercise class, W&F, 11am-noon, call for times of other  
activities

services: education, social and recreation services, rehabilitation  
opportunities for stroke survivors and their families

requirements: none  
cost: exercise class - \$15.00/month

#### SENIOR DENTAL PROGRAM

421-1435

hours: 24 hour hotline  
services: refers seniors to a dentist offering a discount on services  
requirements: must be over 65 years old, household income of \$16,000 or less,  
not on MediCal and may not be enrolled in a dental plan  
languages: referrals for most languages  
cost: none

#### SICKLE CELL ANEMIA DISEASE RESEARCH FOUNDATION OF THE BAY AREA

1332 Haight St., SF, 94117

626-5834

hours: M-F, 10am-6pm  
services: public education provided in the office and in the field,  
counseling support services include genetic, career planning &  
education, referral services for sickle cell testing, job  
training & placement and medical services  
cost: none

#### SOUTHEAST HEALTH CENTER

2401 Keith St., SF, 94124

822-2850

hours: M, 8:30am-7pm; T-F, 8:30am-5:30pm, call for an appointment  
services: medical, dental, pre-natal, high blood pressure screening,  
podiatry, nutrition, immunization, well-baby care & family  
planning, transportation available from Bayview-Hunter's Point  
requirements: none  
languages: Spanish  
cost: sliding scale, accepts private insurance, MediCal, MediCare and  
Medically Indigent Adults

#### SOUTH OF MARKET HEALTH CENTER

551 Minna St., SF 94103

821-8620, 626-2951

hours: MW, 8am-7pm; TF, 8am-5pm; Th, 8am-1pm  
services: dental and medical screening and services  
languages: Spanish & Tagalog  
cost: sliding scale & accepts private insurance, MediCal, MediCare & Discovery

#### TELEGRAPH HILL MEDICAL CENTER

660 Lombard St., SF, 94133

421-6441 - Clinic; 421-6443 - Office

hours: M-F, 8am-7pm; Sat. 9am-3pm  
services: family practice services (general medicine & maternity care),  
does not provide the following: pediatric, mental health or  
eye prescriptions

requirements: none  
languages: Italian, Cantonese, Mandarin & limited German  
cost: initial visit charge up to \$43.00, follow-up visits minimum of \$30.00, accepts MediCal, MediCare and Blue Cross

TEL-MED  
893-8050

hours: M-F, 9:30am-6pm  
services: this line has a library of tapes on such topics as birth control, disciplining children, social security and food stamps, they are played upon request

UNITED CEREBRAL PALSY OF SAN FRANCISCO

25 Taylor St., 5th Floor, SF 94102

776-5111, TTY: 441-3460

hours: M-F, 9am-5pm, call for an appointment  
services: information & referral; vocational, substance abuse & disability counseling; individual life skills training; housing assistance; social work counseling for individuals, family and groups; sexuality & disability information & referral; emergency assistance; recreation, including a camp  
requirements: services available to anyone with a physical disability, intake appointment must be in person  
languages: American Sign & Spanish  
cost: none

UNIVERSITY OF CALIFORNIA DENTAL CLINIC

707 Parnassus, SF, 94143

476-1891; 476-5814 for emergency appointments only

hours: M-F, 9am-2pm; if accepted as a patient, 2pm-5pm  
services: all dental services and dental emergencies  
requirements: screening examination, then patient is assigned to a student  
cost: approximately 1/3 less than private physicians

UNIVERSITY OF THE PACIFIC DENTAL CARE

2155 Webster, SF, 94115

929-6500

hours: new patient drop-in screening, M-F, 9am & 2pm  
emergency care (first come, first serve basis),  
M-F, 8:30am-noon; 1pm-5pm  
services: all dental services  
requirements: must have screening & x-rays to be assigned to a student for care  
languages: Arabic, Chinese, Danish, Italian, German & Japanese  
cost: x-ray - \$24.00; emergency care - \$10.00 to \$40.00; no charge for screening, additional services are at discount prices

URBAN INDIAN HEALTH CLINIC

56 Julian Ave., SF, 94103

621-8054

hours: M-F, 9am-5pm

services: comprehensive primary medical care, pediatric & adult medicine,  
women's health care, family planning, chronic disease treatment  
& complete dental care

requirements: must bring something with current address on it

languages: Native American dialects, Spanish, Southeast Asian dialects

cost: sliding scale

#### V.D. CLINIC (Venereal Disease)

356 - 7th St. (near Folsom), SF, 94103

864-8100, information hotline: 495-OGOD

hours: MTh, 9:30am-6pm; TWF, 8am-4pm

services: confidential diagnosis and treatment for syphilis, gonorrhea,  
scabies, crabs, venereal warts, nongonoccal urethritis, AIDS  
screening & referrals, services for women including vaginitis  
conditions

requirements: 12 years or older

cost: \$5.00 donation requested; however, will not deny services due to  
inability to pay

#### VISITING NURSE ASSOCIATION

401 Duboce, SF, 94117

861-8795

hours: office, M-F, 8am-5pm

services: skilled home nursing care, hospice care for the terminally ill &  
their families, senior nutrition program, multipurpose senior  
center, adult day health center & AIDS home care & hospice

cost: MediCare, MediCal, private insurance & sliding scale

#### WOMEN'S AIDS NETWORK

333 Valencia St., 4th Floor, SF, 94103

864-4376

hours: M-F, 9am-6pm

services: provides referrals, communication linkages, program & resource  
development for women or people serving women, publishes  
newsletters

cost: none

## HOSPITALS

### CALIFORNIA COLLEGE OF PODIATRIC MEDICINE

1210 Scott, SF, 94115

563-3444

### CATHEDRAL HILL MEDICAL CENTER, Pregnancy Consultation

1801 Bush St., SF, 94109

567-8757

### CHILDREN'S HOSPITAL

3700 California, SF, 94118

387-8700

### CHINESE HOSPITAL

845 Jackson, SF, 94133

982-2400

### RALPH K. DAVIES MEDICAL CENTER

Castro & Duboce, SF, 94114

565-6779

### FRENCH HOSPITAL

4131 Geary St., SF, 94118

386-9000

### KAISER FOUNDATION HOSPITAL

2425 Geary Blvd., SF, 94115

929-4000

### LANGLEY-PORTER PSYCHIATRIC INSTITUTE

401 Parnassus, SF, 94143

476-7000

### MARSHALL HALE HOSPITAL

3773 Sacramento, SF, 94118

386-7000

### MOFFITT HOSPITAL

Parnassus & 3rd Ave., SF, 94143

476-9000

### MT. ZION HOSPITAL

1600 Divisadero, SF, 94115

567-6600



PACIFIC MEDICAL CENTER

2333 Buchanan, SF, 94115

563-4321

SAN FRANCISCO EYE INSTITUTE

401 China Basin St., SF, 94107

777-2020

SAN FRANCISCO GENERAL HOSPITAL

1001 Potrero, SF, 94110

821-8200

SHRINERS HOSPITAL FOR CRIPPLED CHILDREN

1701 - 19th Ave., SF, 94122

665-1100

eligibility: serves children up to 18 years old

ST. FRANCIS MEMORIAL HOSPITAL

900 Hyde St., SF, 94109

775-4321

ST. LUKE'S HOSPITAL

3555 Army St., SF, 94110

647-8600

ST. MARY'S HOSPITAL

450 Stanyan, SF, 94117

668-1000

## HOTLINES & SWITCHBOARDS

### ANIMAL SWITCHBOARD (Emergency)

885-2679

hours: 9am-midnight for animal crisis; midnight-9am for emergencies

services: referral for any animal crisis or emergencies

### CHINESE NEWCOMERS SERVICE BUREAU

777 Stockton, Rm. 104, SF, 94108

421-0943

hours: M-F, 8:30am-5:30pm

services: information & referral for Chinese newcomers & San Francisco residents, provides interpretation and acculturation services

### DIAL AN EARTHQUAKE

University of California at Berkeley

642-2160

services: reports about the most recent earthquakes

### DIAL A HEARING TEST

776-1291

services: a hearing test that gives out four tones; if you hear all the tones, you pass the test

### DIAL A HIGHWAY

557-3755

services: tells you which highways are open

### DIAL AN INTERPRETER

885-5400

services: provides you with a person who interprets a specific language

### DIAL A STORY

626-6516

services: storytelling for young children; story changes weekly

### DRUG LINE

752-3400

hours: 24 hours, M-Sun.

services: telephone counseling by Suicide Prevention volunteers about drug abuse

### FRIENDSHIP LINES

752-3792

hours: 24 hours, M-Sun.

services: senior oriented, will call lonely people for companionship

#### GAY SWITCHBOARD

2712 Telegraph, Berkeley, 94705

841-6224

hours: M-F, 10am-10pm; Sat. 1pm-4pm

services: referrals & information for mental health services, gay organizations, political groups, crisis hotlines & rap sessions for most sexual minorities

#### HAIGHT ASHBURY SWITCHBOARD

1338 Haight St., SF, 94117

621-6211

hours: call for hours, varies from week to week

services: referrals to housing problems, publishes San Francisco Survival Manual with referrals for social, health & legal services

#### REPORTING HOT TIPS ON CRIME

SF secret witness: 956-8477, anonymous, calls are not traced or recorded, for any type of crime, witness to a crime or wants to turn someone in, or any information relating to a crime

SF anti-drug tips: 553-1600, same as above with emphasis on drug activity

24 hour nationwide tip line: 800-782-7463 or 1-800-472-7763

#### LA RAZA INFORMATION CENTER

3174 - 24th St., SF, 94110

826-5855

hours: M-F, 9am-5pm

services: information & referral service for Hispanics in San Francisco & the Bay Area, provides information for emergencies, food, lodging & health, also provides translation services for a fee

#### MAYOR'S CITIZEN ASSISTANCE CENTER

City Hall, Rm. 160, SF, 94102

558-2666

hours: M-F, 9am-5pm

services: central information & referral number for San Francisco city services, can also assist with state & federal services

#### MEN'S HOTLINE

924-1070 (San Rafael)

hours: 24 hour

services: for men who physically & mentally abuse women, services include crisis intervention, information & referral

#### MENTAL HEALTH LINE

387-5100

hours: 24 hours, M-Sun.

services: information & referrals, counseling by Suicide Prevention volunteers

## NATIONAL COUNCIL ON ALCOHOLISM - BAY AREA

1049 Market St., Suite 507, SF, 94103-1605

861-4000

861-8630 - TTY

hours: 24 hour hotline information center

services: crisis line, information & referral, pre-treatment counseling for your own or another's drinking, all information is confidential

## PARENTAL STRESS T.A.L.K. LINE

441-KIDS

hours: 24 hours, M-Sun.

services: immediate crisis intervention, telephone counseling, single parent network, emergency respite child care, referrals to community resources, home visits & parent education groups

## RUNAWAY SWITCHBOARDS

800-621-4000 - National Runaway Switchboard

800-231-6949 - Runaway Hotline

hours: 24 hours, M-Sun.

services: toll-free lines, will contact parents with a word-for-word message letting them know one is okay, all calls are confidential, referrals & information to social services in local calling area

## SAN FRANCISCO NIGHT MINISTRY

mailing address: 432 Mason, SF, 94102

986-1464; emergency - 433-3024

hours: 10pm-4am daily

services: assists people in cases concerning survival & has a food program  
cost: none

## SAN FRANCISCO RECYCLING INFORMATION

387-3044

24 hour service

services: recorded message lists recycling depots in the SF area & refers for other areas

## SAN FRANCISCO SEX INFORMATION

665-7300

hours: M-Th, 3pm-9pm

services: information & referral service for all aspects of human sexuality, counseling & education

## SENIOR INFORMATION

626-1033

552-6016 - senior news line, 3 minute tape of senior activities & health tips

hours: office - M-F, 8am-5pm; hotline is 24 hours

services: information & referral for senior citizens, blood pressure & cholo-rectal cancer screening, health education classes, consumer

health information & materials, senior gold card discount program &  
senior MUNI i.d.  
languages: Chinese & Spanish

#### SEXUAL TRAUMA SERVICE

558-3824

hours: 24 hour service

services: for victims of sexual assault, provides medical treatment, emergency  
counseling for victims, their friends & families & crisis interven-  
tion. Agency is under no obligation to make out a police report.

#### SUICIDE & CRISIS INTERVENTION

221-1423

hours: 24 hours, M-Sun.

services: confidential telephone counseling by Suicide Prevention trained &  
supervised volunteer staff

#### UNITED WAY OF THE BAY AREA - INFORMATION & REFERRAL SERVICE

410 Bush St., SF, 94108; 1550 Sutter, SF, 94109

772-4385

services: provides information & referral to over 600 SF social service  
agencies, constantly updated & directory can be purchased

cost: referral service is free, directory is \$125.00



## HOUSING SERVICES

The San Francisco Human Rights Commission publishes a free booklet, A Guide to Your Rights For Tenants and Landlords. It has a comprehensive list of housing service organizations, a list of self-help publications and general information on housing discrimination, tenant and landlord rights and local rent ordinances. For copies or more information, please contact the Commission at 1095 Market, Room 501, SF, 94103, telephone number is 558-4901.

### CALIFORNIA HOUSING FINANCE AGENCY

2351 Powell St., SF, 94133

557-2740

hours: M-F, 8am-5pm

services: sells tax-exempt revenue bonds & uses the funds to make loans at below market interest rates to first-time homebuyers of new homes

eligibility: not owned a home as a principal residence during the previous 3 years, moderate income household, 5% cash downpayment, must meet underwriting standards, not have previously obtained a CHFA loan, call for more information

### CHINESE COMMUNITY HOUSING CORPORATION

1525 Grant, SF, 94133

981-8645

hours: M-F, 8:30am-5pm

services: increases affordable housing through rehabilitation, assists with packaging of rehabilitation loan applications for affordable housing, call for more information

cost: none

### RENT ARBITRATION BOARD

170 Fell St., Room 16, SF, 94102

621-7368

hours: MWF, 8:30am-5pm; TTH, 8:30am-1pm

services: information on laws governing rental agreements, resolves disputes, enforces rent ordinances, but does not do legal counseling

cost: \$10.00 for tenant's petition for hearing  
\$15.00/unit for landlord's petition for hearing

### SAN FRANCISCO HOUSING AUTHORITY (Public Housing)

temporary offices at 1815 Egbert, SF 94124

after spring of 1987: 440 Turk, SF, 94102

468-3800

hours: M-F, 8:30am-5pm

services: call for more information

**SAN FRANCISCO TENANT'S UNION**

**558 Capp St., SF, 94110**

**282-6622**

**hours: M-F, 10am-5pm**

**services: counseling, tenant union information, advice on legal  
rights, publishes inexpensive tenant's rights handbook**

**cost: none**

## LABOR TRAINING AND EMPLOYMENT SERVICES

### ALEMANY CENTER

750 Eddy St., SF, 94109

885-5212

hours: M-Th, 8am-9pm; Fri. 8:30am-5pm

services: English as a second language classes, ESL 50-700, typing

requirements: must be California residents over the age of 18

cost: none

### APPRENTICE ALLIANCE

151 Potrero, SF, 94110

863-8661

hours: MF, 2pm-4pm; W, 10am-noon

services: places apprentices in arts, business & trades in non-paying positions

eligibility: over 18 years old

cost: \$25 annual membership fee, \$50 placement fee

### CALIFORNIA CONSERVATION CORPS

Treasure Island Naval Station, Bldg. 30, SF, 94130

hours: M-F, 8am-4:30pm

services: employment in the areas of improving & protecting California's natural resources, i.e. building parks & trails, planting trees, fighting forest fires & floods, etc.

requirements: 18-23 years old, no probation or previous felony convictions

### CALIFORNIA DEPARTMENT OF REHABILITATION

2720 Taylor St., Suite 420, SF, 94133

771-7200

30 Van Ness Ave., SF, 94102

557-3800

hours: M-F, 8am-5pm

services: offers individualized vocational rehabilitation for physically or psychologically disabled persons over 16 years old

cost: none

### CENTER FOR SOUTHEAST ASIAN REFUGEE RESETTLEMENT (CSEARS)

Employment Unit

875 O'Farrell St., SF, 94109

885-2743

hours: M-F, 8:30am-5pm

services: job preparation & placement, counseling & follow-up services for refugees 17 years or older, offers immigration, social, & resettlement services & bilingual programs

cost: none

### CHINATOWN AMERICAN COOKS SCHOOL

1450 Powell St., SF, 94133

982-3719

hours: M-F, 8:30am-4:30pm

services: 6 month intensive training program in international cuisine

requirements: must go to office & fill out an interest sheet, San Francisco  
resident, low-income, 18 years or older & must have some  
kitchen experience

languages: Chinese

cost: none

### CHINATOWN/NORTH BEACH CENTER

940 Filbert, SF, 94133

776-6110

hours: M-Thurs., 8:30am-9pm; Fri., 8:30am-5pm

services: programs in English as a Second Language, computer training,  
cooking, & clerical and data skills

requirements: must be over 18 years old

cost: none

### CHINATOWN RESOURCES DEVELOPMENT CORPORATION

655 Geary St., SF, 94102

775-8880

hours: M-F, 8:30am-5:30pm

services: vocational training & employment services to limited English  
speaking people

cost: none

### CHINATOWN YOUTH CENTER

1693 Polk St., SF, 94109

775-2636

777 Stockton, #105, SF, 94108

398-5442

hours: M-F, 9am-5pm

services: employment information & referrals, on the job training program,  
special summer programs and counseling

requirements: serves 14-23 year old

cost: none

### CHINESE FOR AFFIRMATIVE ACTION

17 Water Lum Place, SF, 94108

982-0801

hours: M-F, 8:30am-5:30pm

services: employment information & referrals

requirements: must be 18 years or older

languages: Cantonese & Mandarin

cost: none

## COMMUNITY EDUCATION SERVICE

777 Stockton St., Suite 108, SF, 94108

982-0616, 982-0615

tutorial site: Jean Parker School

hours: M-F, 9am-5pm

services: English as a Second Language tutorial program, services available during school hours & in the evenings

requirements: must be a SF resident & 14-17 years old

cost: none

## EMPLOYMENT DEVELOPMENT DEPARTMENT

Chinese Speaking Services - 777 Stockton, Rm. 104, SF, 94108; 557-2730

Disability Insurance Claims - 745 Franklin, SF, 94102; 557-3000

Job Service - 801 Turk St., SF, 94102; 557-2983

Private Industry Council - 1748 Market St., SF, 94102; 557-2821, 864-1901

San Francisco Service Center - 1425 Turk, SF, 94115; 557-1744

Self-help Resource Center - 745 Franklin, lower level, SF, 94102; 557-8651

Unemployment Insurance Claims - 3120 Mission, SF, 94110; 557-1011

## ENGINEERING SOCIETIES' COMMITTEE FOR MANPOWER TRAINING

832 Mission, 3rd Floor, SF, 94103

543-3383

hours: M-F, 8:30am-4:30pm

services: drafting training program

eligibility: SF resident, low income, high school diploma or GED

cost: none

## EXPERIENCE PLUS

333 Valencia, #213, SF, 94103

861-1756

hours: M-F, 9am-4:30pm

services: agency for persons 55 years or older, assistance with job search & placement

eligibility: SF resident, low-income or on general assistance

## FILIPINO AMERICAN EMPLOYMENT & TRAINING CENTER

2940 - 16th St., Rm. 5, SF, 94103

626-1608

hours: M-F, 8:30am-4:30pm

services: a PIC-JTPA sponsored agency, employment training in clerical skills, typing, computer literacy & word processing, job counseling & placement, vocational ESL, worksite experience & remedial education

requirements: San Francisco resident, at least 18 years old, high school graduate, low-income & willing to learn

cost: none



### GOODWILL INDUSTRIES

980 Howard St., SF, 94103

362-0778, ext. 39

hours: M-F, 7:30am-4pm

intake, agency sponsored client - M, 8am-11am

intake, employment - W, 8am-11am

services: workshops to provide job training for disabled persons

languages: American Sign, Cantonese, Spanish, Tagalog & Vietnamese

cost: none

### JEWISH VOCATIONAL SERVICES

870 Market, Ste. 872, SF, 94102

391-3595

hours: M-F, 9am-4:45pm

services: job listings, vocational counseling & placement, workshops,  
career forums & written resources

cost: sliding scale for some programs & donations suggested

eligibility: none

languages: Russian

### JOB CORPS

50 Oak, Rm. 307, SF, 94102

863-2655

hours: M-F, 9am-noon, 1pm-5pm

services: job recruitment for programs located in Los Angeles, San  
Bernardino, San Diego, Sacramento & San Jose, provides room,  
board, medical & dental coverage while participating in  
vocational & G.E.D. classes, enrollment is open all year

requirements: 16-24 years old, not in school, low-income & highly motivated

cost: none

### MANPOWER

50 California, Ste. 440, SF, 94111

781-7171

hours: M-F, 9:30am-5:30pm

services: temporary employment, extensive word processing training program  
for companies & individuals

requirements: willingness to work

cost: none

### MAYOR'S IN-SCHOOL YOUTH PROGRAM

2012 Pine St., SF, 94115

567-4321, 563-8052

hours: M-F, 9am-5pm

services: places student youth in part-time jobs during school months,  
September-May, jobs are 10 hours/week at minimum wage,  
\$3.35/hour

eligibility: San Francisco resident, 14-21 years old, enrolled in school or

working towards a Graduate Equivalency Degree (GED), income less than \$13,000/year for a family of four

#### MISSION HIRING HALL

2017 Mission St., SF, 94110

626-1919

hours: M-F, 8:30am-4:30pm

services: assistance in job placements

requirements: must be 18 years or older, unemployed for at least 7 days, a San Francisco resident, must have i.d. for proof of residence, must speak English

languages: Spanish

cost: none

#### MISSION LANGUAGE & VOCATIONAL SCHOOL

2929 - 19th St., SF, 94110

648-5220

hours: M-F, 8am-5pm

services: adult ESL, clerical & computer literacy program, daily classes & open enrollment

cost: none

#### MULTI-SERVICES CENTER FOR KOREANS

1362 Post, SF, 94109

441-1881

hours: M-F, 8am-5:30pm

services: job search & placement, vocational ESL, occupational skills, information & referrals, computer training program, classes in reading, math, & adding machines

requirements: SF resident, CETA eligible, & 18 years or older

languages: Korean

cost: none

#### NEW WAYS TO WORK

149 - 9th St., 2nd Landing, SF,

552-1000

hours: M-F, 9am-5pm

services: workshops for individuals offering alternative to 9-5 work schedules

requirements: none

cost: varies, depends on choice of workshop

#### OBECA ARRIBA JUNTOS

2017 Mission St., 2nd Floor, SF, 94110

863-9307

hours: M-F, 8:30am-5pm

services: provides information & referral, employment training to Spanish speaking community & an employment training program for 18 to 21 year olds

cost: none

PRIVATE INDUSTRY COUNCIL

1748 Market St., SF, 94102

558-2922

hours: M-F, 8am-5pm

services: job placement for ages 16-21 years (primarily summer jobs),  
referrals to training programs, employment services for refugees

requirements: San Francisco resident

cost: none

REFUGEE EMPLOYMENT ASSISTANCE PROGRAM

220 Golden Gate Ave., SF, 94102

776-8114

hours: M-F, 8:30am-5pm

services: full employment services, resume writing assistance, escorts  
to job interviews, & counseling in job placements

cost: none

SAN FRANCISCO COMMUNITY COLLEGE DISTRICT

1250 LaSalle Avenue, SF, 94124

647-5557

hours: M-F, 9am-3:30pm; registration days & times varies with semesters

services: vocational classes include clerical, bank teller, licensed  
vocational nurse, psych-tech nursing assistant, business machine  
tech, & homehealth aide

requirements: must be 17 1/2 years or older, must have letter of exemption from  
school if 17 1/2

cost: none

SAN FRANCISCO COMMUNITY REHABILITATION WORKSHOP

18 - 10th St., SF, 94103

431-9200

hours: M-F, 8am-4:30pm

services: vocational rehabilitation facility providing evaluation &  
occupational skills training in secretarial, accounting, word  
processing, & electronics assembly; work adjustment & job  
placement service, including job seeking skills training & job  
development; provides disability awareness workshop to Bay  
Area business & industry; & has special services for the deaf

cost: sliding scale

SAN FRANCISCO CONSERVATION CORPS

Fort Mason, Bldg. 111, SF, 94123

928-7322

hours: M-F, 7:30am-4pm

services: full-time, 1 year employment on projects ranging from  
landscaping, minor construction, painting & clean-up

requirements: 18-23 years old, San Francisco resident, desire to work hard & learn

SAN FRANCISCO LABOR COUNCIL - AFL/CIO

510 Harrison, SF, 94105

hours: M-F, 8am-5pm

services: information on how to form & join a union, how to protect wages & hours

SAN FRANCISCO RENAISSANCE

1453 Mission, 5th Floor, SF, 94103

863-5337

hours: office/M-F, 8:30am-5pm; Entrepreneurship Center/TTh,  
6:30pm-9:30pm

services: employment training & business development programs; provides  
technical training & literacy upgrading; GED classes to  
unemployed adults & out of school youth; "Experience Plus"  
provides job preparation & placement for adults over 55 years  
old; business machine repair program; "Entrepreneurship Center"  
trains aspiring entrepreneurs in developing & improving business  
skills Center operates a seed capital loan fund

requirements: none

cost: Entrepreneurship Center tuition is \$250, scholarships are  
available



## LEGAL SERVICES

### AMERICAN CIVIL LIBERTIES UNION

1663 Mission St., 4th Floor, SF, 94103

621-2488

hours: M-F, 9am-5pm; M, 9am-4pm

services: counseling & referrals on legal cases regarding violations  
of constitutional rights, ACLU accepts cases that have a  
far reaching impact beyond the individual

cost: none

### ASIAN LAW CAUCUS, INC.

36 Waverly Place, #2, SF, 94108

391-1655

hours: M - Th, 9am-5pm

services: criminal, immigration, housing, employment/labor, personal  
injury, & misc. cases; do not handle dissolutions or other  
family law matters

### CALIFORNIA LAWYERS FOR THE ARTS

Fort Mason, Bldg. C, Rm. 255, SF, 94123

775-7200

hours: MWThF, 10am-5pm; T, 10am-7pm; 2nd & 4th Sats., 10am-1pm

services: lawyer referrals, dispute resolutions, educational  
programs to artists & arts organizations of all disciplines

requirements: none

cost: sliding scale for lawyers, fees for education programs &  
membership dues

### BAYVIEW-HUNTER'S POINT COMMUNITY DEFENDER

6025 - 3rd St., SF 94124

822-6180

hours: M-F, 9am-5pm

services: all criminal cases except federal, pimping, prostitution,  
drunk driving & cases outside of San Francisco courts;  
limited to pre-trial & trial stages

### CALIFORNIA COMMUNITY DISPUTE SERVICES

445 Bush, 2nd Floor, SF, 94108

434-2200

hours: M-F, 8:30am-5pm

services: mediation/arbitration provided in conflicts and minor  
criminal matters usually between people with ongoing  
relationships, i.e. barking dogs, rental disputes, etc.,  
arbitration is a legal & binding agreement, mediation is a  
written agreement, not legally binding, arbitrators do not  
decide guilt, impose fines or award punitive damages, only



out of pocket expenses are awarded, unlike the small claims  
court limitation, arbitration has no monetary limits  
requirement: if legitimate, cases may be opened by telephone or one may  
go to speak to staff located at a desk in City Hall - Small  
Claims Court, Room 164

cost: none

#### CHAPTER 13 ADVISOR, U.S. DISTRICT COURT

1255 Post St., #625, SF, 94109

441-2181

hours: M-F, 9am-5pm

services: Bankruptcy repayment plans

#### CHINESE FOR AFFIRMATIVE ACTION

17 Walter Lum Place, SF, 94108

982-0801

hours: M-F, 8:30am-5-30pm

services: civil & employment cases, sponsors TV & radio programs,  
serve persons 18 years or older

languages: Chinese

#### CIVIL RIGHTS DIVISION, U.S. ATTORNEY'S OFFICE

450 Golden Gate Ave., SF, 94102

556-4232

hours: M-F, 8am-5:30pm

services: handles cases regarding discrimination & police brutality

#### COMMUNITY BOARD PROGRAM

161 Leland St., SF, 94134

239-6100

hours: M-F, 9:30am-5:30pm

services: attempts to resolve any conflict between people, dispute  
cannot be in any court, people must use the program on  
voluntary basis, & no age restriction

#### COMMUNITY UNITED AGAINST VIOLENCE

514 Castro St., SF, 94114

864-3112

hours: M-Sat, 10am-6pm

services: 24 hour hotline, direct services to victims of violent  
crimes, focus on anti-gay crimes, crisis counseling,  
medical & legal assistance in the form of referrals, gay  
male domestic violence program & group counseling, works  
with SF Police Department to monitor public events &  
operates a Speakers Bureau of lesbians & gays

cost: none

#### CONSUMER ACTION

693 Mission St., Rm. 403, SF,  
777-9635

hours: M-F, 10am-3pm  
services: advice & referrals by telephone  
cost: none

#### CONSUMER CREDIT COUNSELORS

31 Geary, SF, 94108  
788-0288

hours: M-F, 8:30am-5pm  
services: consumer cases, application or information sent on request, &  
call for an appointment with counselor; program is an  
alternative to Chapter 13 or bankruptcy

#### COYOTE

P.O. Box 26354, SF, 94126  
957-1292

hours: late evening  
services: information & referral, support groups for prostitutes

#### EMPLOYMENT LAW CENTER, LEGAL AID SOCIETY OF SAN FRANCISCO

1663 Mission St., 4th Fl., SF, 94103  
864-8848

hours: M-F, 9am-5pm  
services: Title VII, employment discrimination based on race, sex, age,  
or national origin; cases relating to the Rehabilitation Act  
of 1973 & other cases raising issues in the employment area

#### EQUAL EMPLOYMENT OPPORTUNITIES COMMISSION

10 United Nations Plaza, 4th Floor, SF, 94102  
556-0260

hours: M-F, 8:30am-3pm  
services: handles cases of on-the-job discrimination, staff will  
determine eligibility of the case  
cost: none

#### FAIR EMPLOYMENT AND HOUSING - State of California

30 Van Ness, 3rd Floor, SF, 94102  
557-2005

hours: M-F, 8am-5pm, call for an appointment  
services: accepts & investigates complaints of discrimination in  
employment & housing, enforces the Unruh Civil Rights Act  
which prohibits arbitrary discrimination in public  
accommodations, i.e. restaurants, hotels, theaters, etc.,  
enforces the Ralph Civil Rights Act making acts of violence  
based on discrimination unlawful  
cost: none

FAMILY SUPPORT BUREAU, DISTRICT ATTORNEY'S OFFICE  
814 Mission St., SF, 94103  
553-4200

hours: M-F, 9am-5pm

services: child support cases, paternity actions to establish right  
to child support, & spousal support (welfare only)

#### FAMILY VIOLENCE PROJECT

850 Bryant St., 3rd Fl., SF, 94103 - 552-7550

1001 Potrero, Bldg. 1, Ste. 200, SF, 94110 - 821-4553

hours: call for an appointment

services: all criminal cases involving domestic violence

#### FRIENDS OUTSIDE

140 Church St., SF, 94114

285-3500

hours: M-F, 8:30am-5pm

services: job searches, teaches printing & provides counseling to  
ex-offenders, van service for families & friends to San  
Bruno prison, Vacaville & Soledad, call for more  
information because they're expanding services

cost: none

#### GENERAL ASSISTANCE ADVOCACY PROJECT

383 Eddy, SF, 94102

928-8191

hours: M-F, 9:30am-4:30pm

services: counseling, advocacy & representation at administrative  
hearings for General Assistance & Food Stamp clients,  
bilingual services upon request

cost: none

#### INCOME RIGHTS PROJECT

251 Eddy, SF, 94102

776-3255

hours: MWF, 10am-1:30pm

services: legal counseling for SSI and AFDC recipients

cost: none

#### INDEPENDENT LIVING PROJECT

4429 Cabrillo, SF, 94121

751-8765, TTY: 751-7655

hours: M-F, 9am-5pm

services: advice and referral for persons with disabilities; call for an appointment

#### INTERNATIONAL INSTITUTE OF SAN FRANCISCO

2209 Van Ness Ave., SF, 94109

673-1720

hours: M-F, 8:30am-5:30pm

services: multi-lingual services for foreign born with less than 5 years residence, education on rights & responsibilities of living in the US, & advocates for policies that relate to reuniting of families & offering of asylum for refugees

**KOREAN COMMUNITY CENTER**

3136 Fulton St., SF, 94118

567-3267

hours: M-F, 9am-5pm

services: juvenile & immigration issues, advocates for seniors dealing with social service agencies, nutrition & recreation programs

**LA RAZA CENTRO LEGAL, INC.**

2588 Mission St., Suite 200, SF, 94110

826-5506

hours: M-F, 8:30am-5:30pm

services: civil cases except family law, no criminal matters, emphasis on immigration & landlord/tenant cases

**LEGAL AID SOCIETY OF SAN FRANCISCO**

693 Mission, 2nd Fl., SF, 94105

864-8848

hours: M-F, 9am-5pm, over the phone services only

services: operates the Employment Law Center, provides free legal advice & representation for employment cases, i.e. discrimination on the basis of race, sex, age, physical or mental disability, arrest and conviction records and OSHA

**LEGAL ASSISTANCE TO THE ELDERLY**

333 Valencia, Room 202, SF 94103

861-4444

hours: M-F, 9am-5pm, call for an appointment

services: free legal advice and representation to those over 58 years of age, no criminal cases

**LEGAL SERVICES FOR CHILDREN, INC.**

149 - 9th St., SF, 94103

863-3762

hours: M-F, 8:30am-5:30pm

services: free services for juvenile court cases & some civil cases, will take cases in the following areas, dependency, status offense, mental health, legal guardianship, handicap, special education, and school discipline

**LESBIAN RIGHTS PROJECT**

1370 Mission, 4th Floor, SF, 94103

621-0674

hours: M-F, 9am-5:30pm, call in for counseling



services: legal counseling  
requirements: none  
cost: none

MEXICAN AMERICAN LEGAL DEFENSE AND EDUCATION FOUNDATION (MALDEF)  
28 Geary, 3rd Fl., SF, 94108  
981-5800

hours: M-F, 8:30am-5:30pm  
services: free legal representation for civil rights and class  
action suits dealing with employment, education,  
political access, voting rights, etc.  
requirements: interview required to determine involvement  
language: Spanish

MISSION COMMUNITY LEGAL DEFENSE, INC. (Welfare Rights)  
2940 - 16th St., Suite 301, SF, 94103  
552-3910

hours: M-F, 8am-5pm  
services: criminal, immigration, welfare advocacy, & some juvenile  
cases handled

NATIONAL CENTER FOR YOUTH LAW  
1663 Mission St., 5th Fl., SF, 94103  
543-3307

hours: M-F, 9am-5:30pm  
services: free resource services for legal aid, do not work with clients  
directly, information about foster care, institutionalized youth,  
youth employment, abuse/neglect, & housing discrimination  
against children

NATIONAL GAY RIGHTS ADVOCATES  
540 Castro St., SF, 94114  
863-3624

hours: M-F, 9:30am-5:30pm  
services: public interest law firm doing precedent setting litigation  
for gay, lesbian & AIDS civil rights  
cost: none

NIHONMACHI LEGAL OUTREACH  
1840 Sutter, Ste. 204, SF, 94115  
567-6255

hours: M-F, 9:30am-5pm, call for an appointment  
services: direct services for legal consultation and representation,  
information & referrals, produces pamphlets and workshops on  
legal rights  
language: Japanese



#### OFFICE OF CITIZEN COMPLAINTS

555 - 7th St., Rm. 252, SF, 94103

553-1407

hours: M-F, 8am-5pm

services: handles complaints by citizens who believe their civil rights have been violated by a San Francisco sworn police officer, a civilian review board

#### PATIENT'S RIGHTS ADVOCATES

890 Hayes, SF, 94117

552-8100

hours: M-F, 9am-5pm

services: Title IX advocacy, assists with rights of mental health patients in outpatient therapy, patients problems with psychiatric counselor, psychiatric detention, or being abused by therapist, investigation of client complaints

#### RENT ARBITRATION BOARD

170 Fell St., Room 16, SF, 94102

621-7368

hours: MWF, 8:30am - 5pm, TTH, 8:30am-1:00pm

services: free information on laws governing rental agreements, resolves disputes between tenants & landlords, enforces rent ordinances

#### SAN FRANCISCO BAR ASSOCIATION - VOLUNTEER LEGAL SERVICES PROGRAM

220 Bush St., 21st Fl., SF, 94104

391-6102

location of services at:

SF Public Library at Civic Center, 1st Floor, Lurie Room

hours: 2nd Saturday of each month, 10:30am-noon

services: attorneys available to provide legal advice & consultation, bring all information pertinent to case, rarely have attorneys that handle labor relations, immigration or criminal defense or family law

#### SAN FRANCISCO HUMAN RIGHTS COMMISSION

1095 Market, Rm. 501, SF, 94103

558-4901

hours: M-F, 8am-5pm

services: enforces affirmative action provisions in SF ordinances, investigates discrimination complaints against city contractors, mediates intergroup tension problems, information & referral for housing discrimination complaints & promotes minority & women owned businesses in contracting with the City

cost: none

SAN FRANCISCO LAWYERS' COMMITTEE FOR URBAN AFFAIRS -  
LEGAL SERVICES PROJECT (Welfare Rights)

301 Mission, Ste. 400, SF, 94105

543-9444

hours: M-F, 9am-5:30pm

services: a civil law clinic, does not handle fee-generating matters,  
bankruptcies, criminal or family law matters

SAN FRANCISCO NEIGHBORHOOD LEGAL ASSISTANCE FOUNDATION (SFNLAF)

49 Powell, SF, 94102

627-0200

hours: call for an appointment

services: civil cases only are handled for low-income SF residents,  
income cannot be above \$4250/year for a single person

Family Unit - 627-0240

services: handles divorce, restraining orders, custody, etc.

Housing Unit - 627-0220

services: handles landlord/tenant disputes, evictions, etc.

Welfare Unit - 627-0200

services: handles welfare benefit overpayments, discontinua-  
tion of benefits, etc.

SAN FRANCISCO OWN RECOGNIZANCE PROJECT

850 Bryant St., Room 302, SF, 94103

552-2202 or 552-1495

hours: M-Sun., 8:30am-5pm, 7:30pm-9pm

services: criminal cases handled

cost: none

SAN FRANCISCO PUBLIC DEFENDER

850 Bryant, Room 205, SF, 94103

553-1671

hours: M-F, 8am-5pm

services: handles criminal cases in Municipal & Superior Courts,  
and cases from Juvenile & Mental Health Courts

SAN FRANCISCO TENANTS UNION

558 Capp, SF, 94110

282-6622

hours: M, 10am-9pm; TW, 10am-7pm; Th, noon-5pm

services: free counseling, tenant information & organizing, legal  
advice, publishes an inexpensive tenant's rights handbook

#### SMALL CLAIMS COURT ADVISOR

City Hall, 400 Van Ness, Room 305, SF, 94102

558-5170

hours: M-F, 9:15am-11:30am; MW, 1:30pm-3:30pm

services: handles small claims court matters, civil cases regarding  
claims for \$1,500.00 or less

#### STATE BAR OF CALIFORNIA

555 Franklin St., SF, 94102

561-8200

services: provides free pamphlets in the following areas: small claims  
court, wills & estate planning, auto accidents, rent laws,  
contracts, divorce, custody of children, arrests, hiring a  
lawyer, lawyer's fees & problems with your attorney

cost: none, call for a pamphlet order form, return with a  
self-addressed envelope

#### VICTIM/WITNESS ASSISTANCE

Hall of Justice, 850 Bryant, Room 322, SF, 94103

552-6550

hours: M-F, 8am-5pm

services: free assistance with filling out and filing of claims  
for victims of violent crimes

#### WESTBAY LAW COLLECTIVE

2017 Mission St., Rm. 300, SF, 94110

621-0438

hours: M-F, 9am-5pm

services: represents tenants in landlord/tenant disputes

cost: sliding scale

## MENTAL HEALTH SERVICES

### EMERGENCY SERVICE:

#### COMMUNITY CRISIS SERVICES OF SAN FRANCISCO

2415 Sutter St., SF, 94115

567-6600, ext. 2631

hours: 24 hour services

services: walk-in clinic, handles psychiatric crisis situations

cost: sliding scale fees, will accept MediCal & private insurance

#### MISSION CRISIS CENTER

810 Capp St., SF, 94110

558-2071

hours: M-Sat. 8:30am-9pm, Sun. 10am-8pm

services: walk-in clinic for psychiatric emergencies, outreach programs

cost: sliding scale

#### SAN FRANCISCO GENERAL HOSPITAL - PSYCHIATRIC EMERGENCY

1001 Potrero Ave., SF, 94110

821-8125

hours: 24 hour service

services: walk-in clinic for psychiatric emergency

cost: sliding scale, will accept MediCal & private insurance

### GENERAL MENTAL HEALTH SERVICES:

#### CALIFORNIA MEDICAL CLINIC FOR PSYCHOTHERAPY

1639 Irving, SF, 94122

566-5030

hours: M-F, 8am-9pm

services: individual therapy for children, adolescents, & adults;

couple & family therapy; & school consultations

cost: sliding scale

#### CENTER FOR SPECIAL PROBLEMS

1700 Jackson, SF, 94109

558-4801

hours: MWTh, 9am-9pm

TF, 9am-5pm

services: deals with "special problems" such as, sexuality, anger, impulsiveness, youth & sexuality, family & relationship conflict, victims of sexual & physical abuse, confusion on gender identity, and drug & alcohol abuse

cost: MediCal, sliding scale, no one is denied services because of inability to pay

CHINESE LANGUAGE MENTAL HEALTH INFORMATION & REFERRAL  
777 Stockton, Room 104, SF, 94108  
421-2323

hours: M-F, 8:30am-5:30pm

services: an information & referral line for Chinese speaking people who  
want to know about mental health services

cost: none

CONARD HOUSE

2441 Jackson, SF, 94115

864-7833

hours: varies, depending on type of services

services: 5 programs for mental and/or social services:

1. 29 bed transitional resident halfway house, 24 hours per day, 7 days per week
2. 8 bed special program for Asians that do not speak English, 24 hours per day, 7 days per week, ability to serve, Chinese, Filipino & Vietnamese
3. 12 private apartments in San Francisco for graduates of the two programs, groups of 4-6 people live together
4. Tenderloin case management social services to chronically street people, M-F, 9am-4pm
5. S.F. Support Services Program, provides residential living for homeless, office hours: 9am-5pm, location: Midori Hotel, 240 Hyde Street

eligibility: must be San Francisco resident and have needs of mental health and/or social services

cost: sliding scale

FAMILY SERVICE AGENCY

1010 Gough, SF, 94109

474-7310

hours: M-F, 8:30am-5pm; in the evenings by appointment

services: mental health services for families, individuals & elderly

cost: sliding scale

FORT HELP

965 Mission, Suite 520, SF, 94103

546-7779

hours: M-F, noon-6pm; intake therapy hours by appointment

services: individual, family or group counseling

cost: sliding scale

MENTAL HEALTH ASSOCIATION

2398 Pine St., SF, 94115

921-4401

hours: M-F, 9am-5pm

services: monitors public mental health delivery systems, advocates for



various services, provides self-help referrals thru the Bay Area  
Self-Help Clearing House and information & referral  
cost: none

#### MENTAL HEALTH INFORMATION & REFERRAL

387-5100

221-9174 TTY

hours: M-F, 9am-5pm

services: telephone counseling & referral

#### PROGRESS FOUNDATION

hours: M-F, 9am-5pm

services: operates the following short & long term residential psychiatric  
treatment programs for adults, call for more details

Cortland House - 550-1881

La Posada - 285-0810

Shrader House - 668-4166

#### RICHMOND MAXI-CENTER

3626 Balboa Ave., SF, 94121

668-5955

hours: M-Th, 9am-9pm; F, 9am-5pm

services: comprehensive mental health services for individuals & groups

cost: sliding scale

#### WESTSIDE COMMUNITY MENTAL HEALTH CENTER, INC.

1153 Oak, SF, 94117

431-9000

hours: 24 hour crisis line; office hours: M-F, 9am-5:30pm

services: extensive residential & outpatient programs, call for more  
information

cost: sliding scale

The following mental health clinics are part of the San Francisco Community Mental Health Services. If you think that you or someone you know needs mentalhealth services, you should contact one of the following outpatient clinics closest to where you or your friend lives or for 24-hour San Francisco community mental health referrals and information call, (415)387-5100

#### SOUTH OF MARKET CLINIC

471 Jessie St., SF, 94103

777-3311

(Northeast District)

#### ST. MARY'S HOSPITAL OUTPATIENT CLINIC

450 Stanyan St., SF, 94117

668-1000

(Westside District)

SUNSET DAY TREATMENT CENTER  
1990 - 41st Avenue, SF 94116  
753-6645

SUNSET OUTPATIENT SERVICES  
1351 - 24th Ave., SF, 94122  
661-4400, x. 12 & 13  
(Sunset - Richmond Districts)

TEAM I OUTPATIENT SERVICES  
755 S. Van Ness Ave., SF, 94110  
558-5671  
(Mission District)

TENDERLOIN CLINIC  
251 Hyde St., SF, 94102  
673-5700  
(Northeast District)

TWENTY-NINTH STREET CLINIC  
10 - 29th Street, SF, 94110  
648-1233  
(Southeast District)

## MISCELLANEOUS SERVICES

### ASIAN INC.

1670 Pine, SF, 94109

928-5910

hours: M-F, 9am-6pm

services: consulting & research for organizations, businesses & individuals, assistance in preparation of proposals

cost: none

### CALIFORNIA STATE LOTTERY

557-9550 - recording for winning numbers each Monday

557-9500 - information on new games, details on payment of winning tickets

### CLEARINGHOUSE FOR VOLUNTEER ACCOUNTING SERVICES

1052 W. 6th St., Ste. 500, Los Angeles, CA 90017

800-821-2537

hours: M-F, 9am-5pm

services: accounting services to non-profit organizations through the involvement of volunteers from the accounting profession, services exclude audits

cost: none

### COMPUTER ASSISTED INFORMATION SERVICES - SF Public Library

Main Library - Civic Center

Larkin & McAllister Streets, SF, 94102

558-3191

hours: MFSat., 10am-6pm; TWTh, 10am-9pm; Sun., 1pm-5pm  
must call for an appointment

services: online data-base search, question will be evaluated to determine the best source of information, a manual or computer search

cost: call for more information (if current SF Library cardholder, the first \$10.00 computer time & 1 search/month is subsidized by the SF Library)

### FOUNDATION CENTER LIBRARY

312 Sutter, SF, 94108

397-0902

hours: M-F, 10am-4:45pm; W, 10am-7:45pm

services: reference library with materials on foundations & grants, corporate philanthropy, non-profit organization management, fundraising techniques, provides non-profits a free orientation to the Center's resources & how to research information on foundations - advance registration required, call 397-0903

cost: none

## MANAGEMENT CENTER

215 Leidesdorff, SF, 94111

781-1953

hours: M-F, 9am-5pm

services: provides management consulting to non-profit organizations, i.e. board development, fund-raising/proposal writing, marketing, planning & evaluation, goal is to train staff to be self-sufficient managers

requirements: organizations must be certified 501(C)3, must be a non-profit organization

cost: first 4 hours are free, \$35.00/hour thereafter, which sometimes can be paid for from the Management Center's funding

## VOLUNTEER CENTER OF SAN FRANCISCO

1090 Sansome, SF, 94111

982-8999

hours: M-F, 8:30am-4:30pm

services: clearinghouse for people to want to volunteer, agencies who need volunteer assistance & corporations searching for a community service project for their employees

eligibility: must be a government or non-profit agency to receive volunteers & prospective volunteers will be interviewed by the Center

cost: none

## REGISTRAR OF VOTERS

City Hall, SF, 94102

554-4394

application for absentee voter ballot eligibility:

illness

absence from the area in which you vote on election day

physical handicap

religious commitments on election day

residence is more than 10 miles from your voting place

If you are eligible for and absentee ballot, you must send a written request to the Registrar of Voters. The request must include your address, how you are eligible, your signature & must be received by the Registrar 7-29 days before the election.

## ST. ANTHONY'S EMPLOYMENT OFFICE

121 Golden Gate, SF, 94102

431-0147

hours: office, M-F, 8:30am-4:30pm

services: will provide a quality & reliable worker for a variety of day labor jobs, i.e. yard work, cleaning, etc.

requirement: job must be a minimum of 4 hours work, wages are \$5.00/hour, you pay directly to the employee, call St. Anthony's with a complete description of job, hours required, time & place

SOCIETY FOR THE PREVENTION OF CRUELTY TO ANIMALS

Neuter Clinic

2500 - 16th Street, SF, 94103

554-3000

hours: M-F, 10am-11:45am; 2pm-4pm for appointments

services: animals must remain overnight for spaying or neuter  
services, females must be six months old and males must  
be eight months old

cost: depends on services provided

SUPPORT CENTER/COMMUNITY TRAINING DEVELOPMENT

75 Lily St., SF, 94102

552-7584

hours: M-F, 9am-5pm

services: provides low-cost management assistance programs to help  
non-profit managers & board members to work effectively,  
management skills building workshops, tailor-made  
training & 1-1 counseling in fundraising, financial  
management, board development, etc., & business &  
professional volunteer program

cost: free diagnostic session available, others services  
offered on sliding scale



# The Citizens' Safety Project to Reduce Crime in San Francisco

## Call 673-SAFE

San Francisco is the favorite city of almost everyone, including many burglars, muggers, auto thieves and purse-snatchers. Now you, as a resident, working with your neighbors, can help cut the crime rate.

How? By becoming part of San Francisco SAFE (Safety Awareness For Everyone). SAFE is a neighborhood program in which you and your neighbors get together to learn how to protect yourselves, your family and your property. Working together you can reduce crime on your block and in your area. SAFE is set up to assist you. It is a cooperative effort between private citizens and the San Francisco Police Department.

### How SAFE Works

SAFE gathers citizens into a neighborhood group to learn crime prevention techniques from representatives from SAFE and the San Francisco Police Department. You cooperate with your neighbors to report suspicious activities in the neighborhood, to keep an eye on homes when the resident is away, and to keep everyone in the area mindful of the standard precautions for property and self that should always be taken.

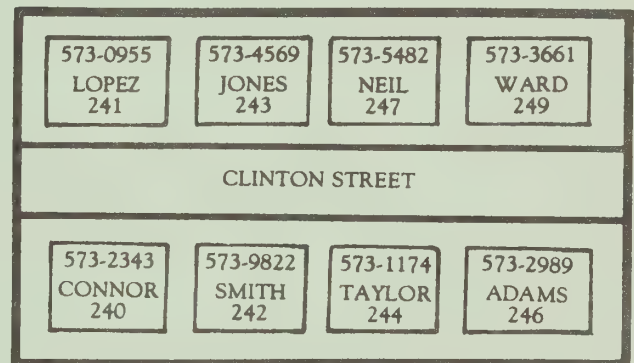
### Why Personal Participation Can Win The Fight Against Crime

There's safety in numbers and power through working with a group. You'll get to know your neighbors better, and working with them you can reduce crime, develop a more united community, provide an avenue of communication between police and citizens, establish on-going crime prevention techniques in your neighborhood and renew citizen interest in commun-

ity activity. And you'll begin to take even greater pride in your neighborhood.

SAFE doesn't require frequent meetings (once a month or so). It doesn't ask that anyone take personal risks to prevent crime. SAFE leaves the responsibility for catching criminals where it belongs—with the police. What SAFE does try to achieve is a high participation of all neighbors in the SAFE program.

When your SAFE group is organized, you'll probably develop a map similar to the one below showing the name, address and telephone number of each home or apartment in your area. This helps all members of your SAFE group give adequate information when you are reporting suspicious activities in the neighborhood.



### Here Are Other Things You'll Learn From SAFE

- What to do in an emergency
- How to best identify a suspicious person
- How to best identify a vehicle being used in a suspected criminal activity
- Signs to watch out for before you enter a house or apartment that may be burglarized
- What to do in case of injury
- What to do about suspicious people loitering on your street
- How to mark your valuables for identification
- How to recognize an auto theft in progress
- How to identify a burglary in progress
- How to protect your home or apartment
- How to protect your person



## NEIGHBORHOOD SERVICES

### ABANDONED AUTO PROBLEMS

call the San Francisco Police Department at 553-0123 to report an abandoned auto, please give the exact location and make of the vehicle licence number.

### ANIMAL SWITCHBOARD

P.O. Box 2078, SF, 94126

885-2679

hours: M-F, 9am-11pm

services: referral service for problems involving animals, including placement, emergencies & animal legislation & neighborhood animal problems

cost: none

### BERNAL RECYCLING

100 Alemany (near Farmer's Market), SF, 94110

282-0364

hours: MWF, 9am-noon; Sat, 9am-2pm; Sun, 10am-2pm

services: dropoff, call for more information

### CHINATOWN RESOURCE CENTER

1525 Grant, SF, 94133

391-4133

hours: M-F, 9am-5:30pm

services: advocacy & land use planning in Chinatown, neighborhood advocacy in areas of open space, transportation, environmental clean-up & housing

cost: none

### DOG LICENSE

handled by the SF Tax Collector

City Hall, Room 107, SF, 94102

554-4466

hours: M-F, 8am-4:45pm

services: issues & processes dog licenses

cost: \$2.50 for dogs spayed or neutered (present papers of proof)  
\$5.00 for all others

### GAS LEAKS - PG & E Service

981-3232 - 24 hour hotline, M-Sun.

services: handles indoor & outdoor gas leaks, arranges payment schedules, refers customers to payment assistance programs, new service inquires, information & referral to all PG & E services

### HAIGHT ASHBURY RECYCLING

Fredrick & Arguello, SF, 94117

753-0932

hours: 9am-4pm daily

recycles: glass, aluminum, newspaper, computer paper & wine bottles

### INDEPENDENT PAPER STOCK

350 Rhode Island St., SF, 94103

621-6200

hours: M-F, 8am-3pm

recycles: aluminum (highest price), paper & cardboard

### PARK MERCED RECYCLING CENTER

19th Ave. & Cambin Dr. (behind Park Merced Supermarket)

hours: daily during daylight

recycles: glass, aluminum, newspaper & wine bottles

### PEST COMPLAINTS

handled by the Environmental Health Division - Dept. of Public Health

101 Grove, Room 214, SF, 94102

558-3436

hours: M-F, 8am-5pm; best times to call for an inspector is

between 8am-8:30am and 4pm-5pm

services: handles problems with rodents in garbage, severe roach

problems & landlord neglect, rats in & coming out of sewers

### RICHMOND ENVIRONMENTAL ACTION

Anza & Collins, SF, 94118

387-3044

hours: 10am-2pm daily

recycles: glass, wine bottles, paper, cardboard & aluminum

### SAN FRANCISCO FRIENDS OF THE URBAN FOREST

512 - 2nd St., 4th Floor, SF, 94107

543-5000

hours: M-F, 9am-5pm

services: helps neighbors organize their neighborhoods to plant street trees, assists with species selection & obtaining city permits, subsidizes planting costs, advises on where to plant, teaches & helps plant on a Saturday morning, provides tree tours & public education

eligibility: plant only in San Francisco, must plant a minimum of 20 trees

cost: call for more information

### SAN FRANCISCO LEAGUE OF URBAN GARDENERS

515 Cortland, SF, 94110

695-9100

hours: M-F, 9am-noon

services: fosters innovative use of urban gardening for recreation,  
community development, education & food production, lending  
library & workshops available upon request  
cost: \$5-25 membership

#### SAN FRANCISCO SAFE

850 Bryant, Rm. 555, SF, 94103

673-SAFE, 553-1984

hours: office, M-F, 9am-5pm

services: neighborhood watch, residential security surveys, safety  
programs for children, older adults & personal safety,  
business security, services provided days & evenings

eligibility: San Francisco resident

cost: none

#### STREET CLEANING - SF Department of Public Works

695-2017

services: call if your street is not regularly cleaned or someone is  
dumping garbage in the neighborhood

#### STREET REPAIR - SF Department of Public Works

2323 Army St., SF, 94110

695-2100

695-2020 - emergency 24 hour hotline, M-Sun.

hours: office, M-F, 7am-4pm

services: repairs sinking streets, potholes, curb damage; sidewalks  
are the property owner's responsibility

#### STREET TREES - SF Department of Public Works

695-2111

services: call for problems with any city tree not in a park, i.e.  
trees on center islands or sidewalks; if you want to plant  
a tree in the sidewalk, to clarify responsibility of DPW  
& neighbors for trees



## PARKS, FAIRS & RECREATION

### AQUATIC PARK

Jefferson & Hyde Streets, SF

description: There is a beach across from the park and a pier, some benches,  
and a few lawn bowling greens

### ASIAN ART MUSEUM

Golden Gate Park

668-8921

hours: T-Sun., 10am-5pm

description: rotating display of Asian fine arts

cost: adults - \$3, seniors - \$1, children under 5 years - free

### CABLE CAR MUSEUM

Cable Car Control Center

1201 Mason, SF 94108

474-1887

hours: M-Sun, 10am-6pm

description: not only is this a museum, but this is also the control building  
for all of the cable cars

cost: none

### CALIFORNIA ACADEMY OF SCIENCES & STEINHART AQUARIUM

Golden Gate Park

221-5100

hours: M-Sun., 10am-5pm; Summer hours, July 4 - Labor Day, 10am-7pm

description: a display of stuffed animals from North America & Africa, a  
planetarium, natural history displays & an aquarium with many  
types of fish and sea mammals, including penguins

cost: adults - \$3.00; 12-17 years - \$1.50; 6-11 years - \$.75

### CALIFORNIA HISTORICAL SOCIETY

2090 Jackson St. (Whittier House), SF, 94109

567-1848

hours: house tours W, Sat., & Sun., 1pm-5pm

description: historical building that displays paintings, antiques &  
furniture, the Society provides members with education programs,  
publications & quarterly journals, also houses a California  
historical research library at 2099 Pacific

cost: house tours - adults/\$2.00

5-17 years/\$1.00

seniors & students/\$1.00

annual membership - students/\$15.00

active/\$35.00

(house tours are free the first Saturday of every month)

### CALIFORNIA PALACE OF THE LEGION OF HONOR

34th Ave. - Lincoln Park, San Francisco

221-4811

hours: W-Sun., 10am-5pm

description: Palace displays master paintings & collections

cost: adults/\$3.00

5-17 years/\$1.00

seniors/\$1.00

under 5 years/free

### CASTRO STREET FAIR

place: Castro & Market Streets

time: August

events: food & craft booths, music & speakers

### CHERRY BLOSSOM FESTIVAL

place: Japantown

time: April

events: parade, food booths, dance & music performances, arts & crafts demonstrations

### CHINESE NEW YEAR CARNIVAL

place: Portsmouth Square

time: February

events: parade, carnival, food & festivities

### CHINESE PLAYGROUND

Sacramento & Waverly Streets

description: small park with playground, volleyball court, tennis court, & a few ping-pong tables; park is supervised

### CLEMENT STREET FAIR

place: Clement Street

time: mid-August

events: food booths, games & bands

### COMMUNITY MUSIC CENTER

544 Capp St., SF, 94110

647-6015

description: music lessons for pre-school through adult

cost: low-cost (for 12 lessons - from \$42.00 to \$108.00, including private lessons)

### INA COOLBRITH PARK

Vallejo Street, between Green and Fallon Alley

description: a small park with lots of benches

## EXPLORATORIUM

3601 Lyon St., SF, 94123

563-3200

hours: closed M & Tues.; W, 1pm-7pm; Th & F, 1pm-5pm, 7pm-9:30pm;

Sat. & Sun., 10am-5pm

description: a museum of science and perception, over 500 exhibits

cost: adults/\$4.00

seniors/\$2.00

17 & under/free

organized groups are \$2.00/person

Wednesdays are free to all

## FLOWER FAIR

place: Hall of Flowers at Golden Gate Park

time: Aug. 21-31

events: flower shows, plant sales & information

## GOLDEN GATE PARK

558-3706

description: park includes many attractions, tennis courts, children's park,  
large meadows, buffalo, picnic areas & museums

## HAIGHT STREET FAIR

place: Haight Street

time: June

events: craft & food booths, entertainment & music

## HOP JOK FAIR

place: Portsmouth Square & Chinese Culture Center

time: August

events: Chinese community fair, information booths, health screenings,  
games, food & music

## HUNTINGTON PARK

Taylor & California Streets

description: children's playground & benches

## HYDE STREET PIER

at the foot of Hyde near Aquatic Park

556-6435

hours: W-Sun., 10am-5pm, open until 6pm during the summer

description: historic ships in floating display, maritime museum, tour available

cost: none, may charge fees in the future

## JULY 4th AT CRISSY FIELD

place: Crissy Field at the Presidio

time: July 4th

events: fair has games, food, entertainment, & large fireworks show; beware of dogs

### LAFAYETTE PARK

Clay & Gough Streets

description: large, supervised park with tennis courts & playground

### MARINA GREEN

Marina Blvd. & Buchanan Street

description: large grass field, 3 1/2 mile par course, parking & area is large enough for kite flying

### MEXICAN MUSEUM

Fort Mason, Bldg. D, SF,  
441-0404

hours: W-Sun, noon - 5pm

description: rotating exhibits of Mexican & Mexican American historic, folk & fine arts

cost: adults - \$1 donation, children - \$.50

### M. H. DeYOUNG MEMORIAL MUSEUM

Golden Gate Park  
221-4811

hours: W-Sun., 10am-5pm

description: many works of art from various centuries, a different traveling display every month

cost: adults/\$3.00

seniors & 5-17 years/\$1.00

under 5/free

### MORRISON PLANETARIUM

Golden Gate Park  
750-7127

hours: call for hours and shows, varies with each season

description: Planetarium displays historic objects & models of space, space & laserium shows

cost: adults/\$2.00

seniors & 6-17 years/\$1.00

### MOSCONE RECREATION CENTER

Chestnut & Buchanan Streets

description: large park with two tennis courts, baseball field, playground & library

### NIHONMACHI STREET FAIR

place: Japantown

time: August

events: information booths, games, food & performances

### NORTH BEACH PLAYGROUND

Powell & Lombard Streets

description: large, supervised playground, two softball fields, basketball court, tennis courts, activities room, library & swimming pool

### OLD MINT

5th & Mission Sts., SF, 941

974-0788

hours: M-F, 10am-3pm, hourly tours

description: old coins, coin press, gold bars, collector's shop

cost: no admission fee, \$1 to press souvenir coin

### PALACE OF FINE ARTS

Baker & Northpoint Streets

description: park with pond & trees, historic buildings & the Exploritorium  
is located here

### POLK STREET FAIR

place: Polk Street

time: first weekend in July

events: food, games, music & arts & crafts

### PORTSMOUTH SQUARE PARK

Clay & Kearny Streets

description: children's playground, adult area with tables & benches &  
a few Chinese chess tables

### PRESIDIO ARMY MUSEUM

in the Presidio at Lincoln & Funston

561-4115

hours: T-Sun., 10am-4pm

description: permanent exhibits of the Presidio & military history from 1776,  
exhibits on the San Francisco earthquake & fire

cost: none

### SAN FRANCISCO EXPOSITION & URBAN FAIR

392-FAIR

call for more information

description: theme varies from year to year, 1987 theme is San Francisco -  
Gateway to the Pacific, highlighting exhibits from the Pacific  
Rim; urban fair regular features include fog calling & parking  
contests, special food booths & historic exhibits

cost: 16 years & older - \$5; 5-15 years - \$2; 62 years & older - \$3;  
5 years & under - free

### SAN FRANCISCO MUSEUM OF MODERN ART

Van Ness & McAllister, SF, 94102

863-8800

hours: TWF, 10am-5pm; Th, 10am-10pm; SSun., 11am-5pm; closed Mondays

description: permanent & rotating exhibits of modern fine art

cost: adults - \$3.50; seniors & children under 16 - \$1.50; members &  
children under 6 years - free; Thursdays, 5pm-10pm - free



## SAN FRANCISCO ZOO

Sloat Blvd.

661-4844

hours: daily, 10am-5pm; feeding of big cats @ 2pm, except Mons.

cost: adults & unaccompanied children/\$3.50

seniors/\$1.00

children 15 & under with adult/free

groups with 10 or more/\$1.00 each

stroller rentals/\$1.00

wheelchair rentals/free

## SIDNEY G. WALTON PARK

Front & Jackson Streets

description: large park with walkway that connects the park to the Embarcadero  
Center, volleyball & a par course

## UNION STREET FAIR

place: Union Street

time: first weekend of June

events: food, games & music

## UPPER GRANT AVENUE STREET FAIR

place: Upper Grant Avenue

time: June - Father's Day weekend

events: food, games, music & arts and crafts

## PRISONERS AND EX-OFFENDER SERVICES

### AMERICAN FRIENDS SERVICE COMMITTEE

2160 Lake St., SF, 94121 (regional office)

752-7766

hours: M-F, 9am-5pm

services: educates the public about prisons, new prison construction & the death penalty (opposes the death penalty), assists communications between outside prison groups, bi-monthly free publication of "Quaker Service"

cost: none

### CENTERFORCE

456-9980

services: various centers are located near a number of California penal institutions, provides child care, transportation & information on visiting hours & rules

### DEPARTMENT OF VOCATIONAL REHABILITATION

30 Van Ness Ave., SF, 94102

557-3800

hours: M-F, 8am-5pm

services: job placement, vocational & educational counseling & physical restoration services

cost: sliding scale

### ELIZABETH FRY CENTER

1251 - 2nd Ave., SF, 94122

681-0430

hours: 24 hours, M-Sun.

services: provides room, board & counseling for women with children under 6 years old and newly released from prison

### EMPLOYMENT DEVELOPMENT DEPARTMENT - Ex-Offender Program

801 Turk, SF, 94102

557-2385

hours: M-F, 8am-5pm

services: employment assistance & support services for ex-offenders & parolees, including bonding

### FRIENDS OUTSIDE

2701 Folsom St., SF, 94110

863-5100

hours: M-F, 9am-5pm

services: provides job referrals & training, re-entry counseling for ex-inmates, counseling & support groups for prisoners' families, transportation to prisons, emergency food & free clothing for family members

cost: none

## LEGAL SERVICES FOR PRISONERS WITH CHILDREN

1663 Mission St., 5th Floor, SF 94103

543-3379

hours: M-F, 9am-5pm

services: provides legal advice & information for prisoners, attempts to preserve the inmate's family, no direct representation

cost: none

## NORTHERN CALIFORNIA SERVICE LEAGUE

1104 Harrison St., SF, 94103

863-2323

hours: T,F, 9am-5pm

850 Bryant St., Rm. 116, SF, 94103

552-9250

hours: M-F, 9am-5pm

services: provides counseling & direct services for prisoners & their families, re-entry assistance, clothing, case workers in SF County Jail serving as liaison between prisoners, Sheriff's office, police, public agencies & prisoners' family & friends, will carry messages to prisoners in SF County Jail

cost: none

## PRISONER ADVOCACY COUNCIL

P.O. Box 336, San Quentin, CA 94964

456-9980

services: prison visitors & prisoner rights advocates working together to improve visitation in California prisons, work with the penal system and the state legislature

## PRISONERS UNION

1317 - 18th St., SF, 94107

648-2880

hours: 9am-5pm

services: information & referral, publishes newsletter, handbooks & resource guides

cost: fees for publications, other services are free

## PROJECT REBOUND

S.F. State University - Department of Sociology

1600 Holloway, SF, 94132

469-1585

hours: M-F, 9am-4pm

services: special admissions program, provides assistance with educational programs for ex-offenders, must have a high school diploma or GED

cost: none

## PROJECT 20

850 Bryant St., Rm. 213, SF, 94103

863-6585

hours: M-F, 8am-5pm

services: allows community service work in lieu of traffic fines or a condition of court or departmental probation

## SAN FRANCISCO PRE-TRIAL DIVERSION PROJECT

885 Bryant St., SF, 94103

626-4995

hours: M-F, 9am-5pm

services: for persons charged with misdemeanors, pre-trial diversion allows community service work, counseling & school rather than incarceration

cost: sliding scale based on ability to pay

## SAN FRANCISCO SHERIFF'S DEPARTMENT - Office of the Ombudsman

245 Harriet St., SF, 94103

861-2791

hours: M-F, 8:30am-5pm

services: grievance investigators aimed at resolving complaints of SF County Jail prisoners

cost: none

## SEVENTH STEP FOUNDATION

Freedom House - for male ex-offenders

475 Medford St., Hayward 94541

278-0230

program for female ex-offenders

3215 Telegraph Ave., Oakland 94610

658-9118

hours: 24 hours, 7 days/week

services: 90-day residential & work furlough program, job referrals & counseling

cost: none

## STATE BAR ASSOCIATION - STANDING COMMITTEE ON LEGAL SERVICES FOR PRISONERS

555 Franklin, SF, 94102

561-8250

hours: M-F, 8:45am-5pm

services: provides workshops for San Quentin & Folsom prisoners on civil matters, publishes a habeas corpus manual free of charge for inmates

cost: none

## SENIOR SERVICES

### ADATH ISRAEL COMMUNITY CENTER

1851 Noriega Avenue, SF, 94122

665-7854

hours: M-F, 10am - 1pm

services: lunch, outings, lectures, birthday parties, & nutrition education

requirements: 60 years or older

languages: German, Russian, & Chinese

cost: \$1.25 suggested donation for lunch

### ALEXIS

390 Clementina, SF, 94103

495-3690

hours: M-F, 9am - 4pm

services: residential housing for those 62 years or older, no  
wheelchair accessibility (2 year waiting list)

### CALIFORNIA LEGISLATIVE COUNCIL

330 Ellis, SF 94102

771-0226

hours: M-F, 9am - 2pm

services: monthly forums on legislation affecting seniors, disabled &  
homeless, information & referral for seniors in regard to  
housing, traveling, etc., senior power newspaper

requirements: 55 years or older

languages: bilingual services available

cost: \$5.00 membership/subscription

### CANON KIP COMMUNITY HOUSE

705 Natoma St., SF 94103

861-6801

hours: M-F, 9am - 5pm

services: outreach, counseling, social services, art, bingo,  
nutrition program & transportation

languages: Tagalog

cost: \$1.25 suggested donation for lunch

### CATHOLIC COMMITTEE FOR THE AGING

50 Oak St., 4th Floor, SF 94102

864-4044

hours: M-F, 9am - 5pm

services: Senior parish club program & develops positions on various  
public policy issues

cost: \$3.00 membership



## CATHOLIC SOCIAL SERVICES

Mission Office

2940 - 16th St., Rm. 204, SF, 94103

861-8306

hours: office hours, M-F, 9am-noon, 1pm-4:30pm

Intake: W&F, 9am - 11am, Th, 1pm-3pm

Immigration Project: M, 1pm-4pm

services: provides counseling to Latino senior citizens, assists  
undocumented residents, provides food staples (i.e.  
butter, bread, cheese, etc.) for emergency situations

requirements: serves certain geographic areas, some services city-  
wide

languages: Spanish & Tagalog

cost: negotiable fees for counseling and immigration services

## CHURCH OF THE ADVENT OF CHRIST THE KING

261 Fell St., SF, 94102

431-0454

hours: M-F, 9am - 4pm; Saturday breakfast: 8:30am - 10am

services: Senior resource & referral, hot breakfast on Saturday  
mornings

requirements: 60 years or older

cost: none

## COMMISSION ON AGING - SAN FRANCISCO

25 Van Ness, Suite 650, SF 94102

office: 864-6051

Friendship line: 752-3778

information & referral: 626-1033

hours: M-F, 8am - 5pm; Friendship Line: 5pm-8am, weekends &  
holidays

services: Senior citizen information & referral, daily telephone  
calls to support and inquire about the well-being of  
seniors & funds agencies providing services to seniors

cost: none

## CONGREGATION BETH/SHOLOM

320 - 15th Ave., SF, 94118

221-1025

hours: M-F, 10am - 1pm

services: hot lunch program with some home delivery, movies, bingo &  
outings

requirements: 62 years or older

cost: \$1.25 suggested donation for lunch, \$2.50 for those under 60  
years

#### DIAMOND SENIOR CENTER

117 Diamond, SF, 94114

863-3507

hours: M-F, 9am - 4pm

services: hot lunch program, health services, recreational & educational activities

requirements: 60 years or older (or the spouse)

language: limited Spanish

cost: \$1.25 suggested donation for lunch

#### DOWNTOWN SENIOR CENTER

481 O'Farrell St., SF, 94102

771-7950

hours: M-F, 9am - 4pm, weekends 10am - 2pm

services: hot lunch 7 days a week, social security, health, legal, & educational services

requirements: 60 years or older

language: German, Chinese & Spanish

cost: \$1.00 suggested donation for lunch, \$10.00 annual membership (not required, but encouraged)

#### FAMILY SERVICE AGENCY

1010 Gough, SF, 94109

474-7310

hours: M-F, 8:30am - 5pm

services: geriatric outreach (restricted to certain geographic locations), foster grandparents, senior companionship & nursing ombudsman.

requirements: 60 years or older

language: Chinese & Spanish

cost: sliding scale

#### FILIPINO-AMERICAN COUNCIL

2948 - 16th St., SF 94103

626-0773

hours: M-F, 8am - 5pm

services: hot lunch program daily at noon, outreach, recreation, information & referral for MediCal and Medicare, outings, social services, immigration information & bingo with dancing MWF

requirements: 55 years or older for general services, 60 years or older for hot lunches

language: a number of languages are spoken, call for more details

cost: \$1.00 suggested donation for lunch

#### FILIPINO-AMERICAN SENIOR CITIZENS

3483 Mission St., SF, 94110

285-2076

hours: M-F, 1pm - 5pm  
services: provides senior Muni passes, recreational & housing  
services & hospital visits to ill members  
requirements: 55 - 80 years old  
language: Tagalog  
cost: \$5.00 annual membership

#### FRANCIS DE ASSISI COMMUNITY

145 Guerrero, SF, 94103

861-5790, 621-4092

hours: M-F, 9am - 5pm  
services: subsidized housing for low-income seniors, special units  
for deaf & wheelchair bound, hot lunch weekdays, recreational  
& nutrition programs  
requirements: housing: 62 years or older, call first regarding housing  
hot lunch: 60 years or older  
language: Spanish & some Tagalog  
cost: \$1.25 suggested donation for lunch

#### GEEN MUN CENTER

777 Stockton, SF, 94108

391-5099

hours: lunch at noon  
services: hot lunch (this is the meal site for Self-Help for the Elderly)  
requirements: 60 years or older  
language: Chinese

#### GOLDEN GATE FOR SENIORS

637 South Van Ness Ave., SF, 94110

626-7553, 626-7779

hours: M-F, 9am - 5pm  
services: alcoholism counseling, recovery home, individual &  
group counseling  
requirements: 55 years or older  
cost: sliding scale

#### GRAY PANTHERS

325 - 9th St., 3rd Floor, SF, 94103

552-8800

hours: M-Th, 9am - 4pm  
services: counseling on tenants' rights, films & speakers addressing  
aging myths & reality, information & referral, advocates and  
organizes around various issues  
requirements: call first for an appointment  
language: Spanish, limited Chinese and German  
cost: none

HAIGHT-ASHBURY SENIOR SERVICE CENTER

1350 Waller St., SF, 94117

621-1112

meal sites: 117 Diamond St., SF, 94114

1021 Sanchez, SF., 94114

hours: M-F, 10am - 3pm

services: hot lunch program, arts & crafts, films, bingo, geography  
& exercise classes, outings (including to Reno), &  
handicapped accessible

requirements: 55 years or older for general services, 60 years or  
older for lunch program

cost: \$1.25 suggested donation for lunch

INGLESIDE PRESBYTERIAN SENIOR CENTER

1345 Ocean Ave., SF, 94112

587-4472

hours: M-F, 9am - 3pm

services: hot lunch at noon, bingo, arts & crafts, recreation, transpor-  
tation, help with income taxes & works with Project SAFE

requirements: 50 years or older for general programs, 60 years or older  
for meals

languages: Chinese & Spanish

cost: \$1.25 suggested donation for lunch

JEAN PARKER SCHOOL SENIOR MEAL SITE

840 Broadway, SF, 94133

421-2988

hours: M-F, 4pm - 5pm

services: hot dinner

languages: Cantonese, Spanish & Tagalog

cost: \$1.00

JEWISH HOME FOR THE AGED

302 Silver Ave., SF, 94112

334-2500

hours: 8:30am - 5pm

services: residential geriatric center for those 65 years or older  
who adhere to the Jewish faith, care provided for those  
tenants who are ambulatory, chronically ill or physically,  
mentally, or psychologically impaired

requirements: please call for more details

JOSEPH LEE RECREATION CENTER

Oakdale & Mendell Sts., SF, 94124

822-9040

hours: office hours, T-Sat., 9:30am - 6:30pm

lunch program, M-F, noon

services: recreation events, outings, arts & crafts, a senior club that  
meets Wednesdays 10am - noon & a lunch program



requirements: 60 years or older (exceptions based on need)  
cost: \$1.25 suggested donation for lunch, Senior Club \$1.50  
monthly membership

#### KIMOCHI, INC.

1581 Webster, #10, SF, 94115

563-5626

hours: M-F, 10am - 4pm; Sat. & Sun., noon - 4pm  
services: senior drop-in, information & referral, Japanese language  
library, arts & crafts & support social services  
requirements: 55 years or older  
cost: none  
language: Japanese

#### KIMOCHI HOME PROJECT

1531 Sutter, SF 94109

922-9972

hours: office, M-F, 9am - 5pm  
services: 24 hour residential board & care home, adult social daycare,  
respite care & senior center programs  
requirements: 55 years or older  
languages: Japanese  
cost: sliding scale

#### KIMOCHI NUTRITION PROJECT HOT MEAL PROGRAM

1840 Sutter St., SF, 94115

931-2287

hours: office hours: M-F, 9am - 5pm  
general services: seven days per week  
lunch: 11:30am - 12:30pm  
services: operates hot meal site & delivers meals, support & social  
services, transportation, nutrition education, & counseling  
requirements: 60 years or older for meals or nutritional services  
language: Japanese  
cost: \$1.00 suggested donation for meals

#### KOREAN SENIOR CENTER HOT MEALS

3136 Fulton St., SF, 94118

567-3267

hours: M-F, 9am - 5pm  
services: senior program serving predominantly Korean seniors  
with counseling in social services & housing  
requirements: 60 years or older for meals  
language: Korean  
cost: \$1.00 suggested donation for meals



#### KOSHER NUTRITION PROGRAM

3200 California St., SF, 94118

346-6040, ext. 230

hours: M-F, 9am - 5pm

services: meals are served at noon, social services, nutrition education, entertainment, outings, etc.

requirements: 60 years or older

languages: many languages spoken, call for more information

cost: \$1.25 suggested donation for lunch

#### LAGUNA HONDA HOSPITAL - ADULT DAY HOSPITAL

375 Laguna Honda Blvd., SF, 94116

664-1102

hours: M-Th, 9am-3pm; F, 10am-2pm

services: comprehensive day program providing health, social, & rehabilitative services to frail elders in the Sunset, Parkmerced & outer Richmond areas, nursing & personal care, transportation to & from center, hot noon meals & health education

cost: sliding scale or MediCal

#### LATIN AMERICAN NATIONAL SENIOR CITIZENS ASSOCIATION

225 - 30th St., ste. 204, SF, 94110

1241 Valencia St., SF, 94110

641-0951

hours: 7 days/week, 1pm-5pm

services: information & referral, Spanish/English translations, advocacy, updates seniors on legislation & visits nursing homes

cost: call for more information

#### LUTHERAN CARE FOR THE AGING

1031 Franklin, SF, 94109

441-7777

hours: M-F, 8:30am - 4:30pm

services: individual services (i.e. counseling and casework management) and information & referral

requirements: 65 years or older

cost: none

#### MARKET & VALENCIA SENIOR CENTER

125 Valencia St., SF, 94103

863-1996

hours: M-Sun., 9am - 5pm

services: hot lunch program (must sign-up for meal), education, recreation, nutritional programs & health screening

requirements: 60 years or older, lunch served at 11:45am

languages: Spanish, Tagalog & some German

cost: \$1.25 suggested donation for lunch

**MEALS ON WHEELS OF S.F., Inc.**

1290 Sutter St., #9, SF, 94109

474-4646

hours: M-F, 9am - 5pm

services: delivers two meals a day to homebound elderly persons in San Francisco, information & referral

requirements: 60 years or older and must be homebound

cost: \$4.25 suggested donation for lunch

**MISSION NEIGHBORHOOD CENTER**

362 Capp St., SF, 94110

826-4659

hours: M-F, 8:30am-5pm

services: senior meal program, homemakers, escorts, health screening, legal aid & English as a second language classes

requirements: 60 years or older

languages: Spanish

cost: \$1.25 suggested donation for meals

**MONTEFIORE SENIOR CENTER**

3200 California, SF, 94118

346-6040

hours: M-F, 9am - 4pm, Sun. 9am - 3pm

services: outings, health screening, legal aid, advice on taxes, education & recreation

requirements: 60 years or older

cost: \$30.00 yearly dues, plus a \$5.00 initial membership fee  
\$10.00 swimming, \$1.25 suggested donation for lunch

**MT. ZION HOSPITAL GERIATRIC SERVICES**

2356 Sutter St., (the Pavillion), SF, 94115

567-6600

services: For details on the following services, please call the appropriate telephone numbers listed below.

adult day health program & homecare - 885-7586

geriatric screening, counseling & referral - 885-7800

multiple senior service project - 885-7590

social daycare - 885-7592

**NATIVE AMERICAN INDIAN COMMUNITY SENIOR CENTER**

542-556 Hayes St., SF, 94102

431-7030, energy program - 431-8339

hours: M- Sun., 9am - 5pm

services: nutrition program with home delivery, comprehensive social service programs, transportation & escort, energy program, congregate feeding for lunch & senior activities

requirements: for nutrition program, 60 years or older

languages: Chinese, French, German, Spanish, Southeast Asian languages & several Native American Indian dialects

cost: \$1.00 suggested donation for lunch

NOE VALLEY MINISTRY SENIOR CENTER

1021 Sanchez, SF, 94114

282-2317

hours: M-F, 10am - 2pm

services: outings, lectures on health, bingo, blood pressure  
screening, hot lunch program & dances

requirements: 55 years or older

cost: \$1.25 suggested donation for lunch

NORTH OF MARKET SENIOR CLINIC

333 Turk St., SF, 94102

885-2274

hours: M-F, 9am - 5pm (lunch served on weekends)

health clinic, M-F, 9am - 11am

services: lunch program (sign-up at 9:30am), alcohol program,  
case management & drop-in health clinic

requirements: 60 years or older, clients for case management services  
must reside in the Tenderloin

languages: limited Chinese & Japanese

cost: \$.85 suggested donation for lunch, \$1.00 suggested donation  
for health services if non-MediCal/Medicare

OMI SENIOR CENTER

400 Randolph St., SF, 94132

587-1443

hours: M-F, 9am - 3:00pm

services: monthly health screening, lunch programs, monthly birthday  
parties, outings, exercise classes & recreation

requirements: 60 years or older

cost: \$1.25 suggested donation for lunch

ON LOK SENIOR HEALTH SERVICES

1441 Powell St., SF, 94133

989-2578

hours: M-Sun., 8am - 4:30pm

services: long-term care for dependent adults over 55 years of age  
entitled to Medicare & MediCal, provides services &  
pays for total health & social care to its participants  
in hospitals, nursing homes, On Lok Day Health Centers & in  
the participant's own home

languages: Chinese, Italian & Tagalog

OUTER MISSION YMCA

4080 Mission St., SF, 94112

586-6900

hours: M-F, 9am - 3pm

services: lunch program, health screening, stamp & coin club,  
outings, dances, legal aid & bingo

requirements: 55 years or older

cost: \$1.25 suggested donation for lunch

POTRERO HILL NEIGHBORHOOD HOUSE

953 DeHaro St., SF, 94107

826-8080

hours: M-F, 9am - 5pm

services: blood pressure, heart, foot, & other health screening,  
legal services & lectures

requirements: 55 years or older

language: Russian

cost: \$1.25 suggested donation for lunch

RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

2101 - 20th Ave., SF, 94116

731-3335

hours: M-F, 8am - 5pm

services: places seniors in volunteer positions with community  
agencies

requirements: 60 years or older

language: Spanish

cost: none

RICHMOND CHINESE SENIOR CENTER

741 - 30th Ave., SF, 94118

751-3394

hours: M - Sat., 10am - 11:30am

services: hot lunch program, senior self-help, nutrition, English  
as a second language & calligraphy classes

requirements: 60 years or older

language: Chinese

cost: \$1.00 suggested donation for lunch

SALVATION ARMY MISSION CORPS

1156 Valencia, SF, 94103

648-0276

hours: M-F, 11am - 2pm

services: hot lunch program, bingo, outings & lectures

requirements: 11am registration for lunch, 62 years or older

cost: \$1.25 suggested donation for lunch

SALVATION ARMY SENIOR MEAL PROGRAM

240 Turk, SF, 94102

928-7078, 777-2627

hours: M-Sun, 9:30am - 3:30pm

services: meals provided for older people, especially low-income  
& minority groups, 19 lunch sites throughout the city

requirements: different sites have varying days for meals

cost: \$1.00 suggested donation for meals



### SAN FRANCISCO COUNCIL OF CHURCHES

at First Congregational Church (Post & Mason)

392-7463

hours: M-F, 8am - 4pm

services: recreational activities, health screening, nutrition  
& consumer education

requirements: 60 years or older

languages: Tagalog, Chinese & Spanish

cost: \$.75 suggested donation for lunch

### SAN FRANCISCO HOME HEALTH SERVICE

225 - 30th St., SF 94131

285-5615

hours: M-F, 8:30am - 5pm

services: hot meals at the center or delivered to home, provides  
nursing, homemaker, home health aide, social work,  
physical, occupational & speech therapy for homebound,  
chronically ill & aged & hospice services for terminally ill

requirements: 60 years or older

languages: Cantonese, Mandarin, Spanish & Tagalog

cost: \$1.25 suggested donation for lunch, private homecare: \$9.25/hr

### SAN FRANCISCO SENIOR CENTER

890 Beach St., SF 94109

775-1866

hours: M-F, 9am - 4pm; Sun, 11am - 3pm

services: recreation, health screening, weight control clinics,  
dancing & current event forums

requirements: 60 years or older

languages: Chinese, sign language & Spanish

cost: \$1.00 suggested donation for lunch, \$10.00 membership  
encouraged

### SAN FRANCISCO SENIOR ESCORT PROGRAM

administrative office:

1049 Market, Ste. 607, SF, 94103

863-0303

hours: office, M-F, 8am-5pm

services: escort seniors to and from any location, i.e. shopping,  
medical, banking, personal visits, etc., organizes trips for  
shopping & recreation

requirements: must be 55 or older, to arrange for service call 1 week in  
advance to local office in your neighborhood

cost: none; however if private taxi is used, client may pay for 1/2  
the service

local offices:

North of Market - 330 Ellis, Ste. 518, 94102, 673-8600

South of Market - 1049 Market, Ste. 609, 94103, 863-044



Western Addition - 1040 Fillmore, Ste. 203, 94115, 931-2350  
Chinatown/North Beach - 948 Pacific, 94133, 391-5686  
Bayview/Hunter's Pt. - 1535 Newcomb, Ste. 200, 94124, 285-2500  
Potrero Hill - 1060 Tennessee, 94107, 648-3743  
Mission - 180 Fair Oaks, #6, 94110, 824-7550  
Western Addition Escort Patrol - 1280 Laguna, 94115, 922-6807

#### SELF-HELP FOR THE ELDERLY

640 Pine St., SF, 94108  
982-9171

hours: M-F, 8:30am - 5pm  
services: help with MediCal & Medicare, escort service, house-keeping, home health aid, vocational training, hot meal program & outings  
requirements: 45 years or older, age requirements are flexible  
languages: Spanish & Tagalog  
cost: \$1.00 suggested donation for meals

#### SENIOR ACTIVITIES & MEALS PROJECT

360 - 4th St., SF, 94107  
777-2677

hours: M-F, 8am - 4pm; S-Sun, 9:30am - 2:30pm  
services: meal program, recreational activities, health screening and information & referral  
requirements: 55 years or older  
languages: Chinese & Spanish  
cost: \$1.25 suggested donation for lunch

#### SERVICES FOR SENIORS, INC.

1500 Laguna St., SF, 94115  
922-5438

hours: M-F, 9am - 5pm  
services: provides low-cost group meal programs, support services that reduce isolation & malnutrition, services provided at residential housing  
requirements: 55 years or older or disabled  
cost: \$1.00 suggested donation for lunch

#### SILVERCREST RESIDENCE

1133 Shipley St., SF, 94107  
543-5381

hours: M-F, 8am - 4pm  
services: apartment complex with 257 units (studio/1 bedroom) run by the Salvation Army, includes a multipurpose senior activities center for residents  
requirements: 62 years or older & within HUD income levels  
call for more information

STONESTOWN SENIOR CENTER at the YMCA

333 Eucalyptus, SF, 94132

759-9622

hours: M-F, 9am - 5pm

services: hot lunches, health screening, classes, outings  
& recreation

requirements: 60 years or older

language: Spanish & Italian

cost: \$1.25 suggested donation for lunch

TELEGRAPH HILL SENIOR CENTER

660 Lombard St., SF, 94133

421-6443

hours: M-F, 9am - 5pm

services: hot lunches, outings, food surplus give-away, blood  
pressure screening, nutritionist & social worker  
available

requirements: 60 years or older

language: Chinese

cost: \$1.25 suggested donation for lunch

VISITACION VALLEY COMMUNITY CENTER

50 Raymond St., SF, 94134

467-9863

hours: M-Sun, 9am - 4pm

services: hot lunch program, social & educational services, bingo,  
arts & crafts

requirements: 60 years or older

cost: \$1.25 suggested donation for lunch

WESTERN ADDITION SENIOR CENTER

1390 Turk St., SF, 94115

921-7805

hours: M-F, 9am - 5pm

services: hot lunches, social services, recreation, education,  
information & referral

requirements: 60 years or older

cost: \$1.00 suggested donation

WOOLF HOUSE

4th & Howard (ring bell)

495-0837

hours: M-F, 8:30am - 4:30pm

services: hot lunch program, social services, information & referral,  
health & recreational services

requirements: 60 years or older

languages: Chinese, Tagalog & Spanish

cost: \$1.00 suggested donation for lunch

24 HOUR SENIOR INFORMATION LINE

1182 Market, Rm. 213, SF, 94102

626-1033

services: information & referral

## SOCIAL SERVICES

### AID TO FAMILIES WITH DEPENDENT CHILDREN (AFDC)

170 Otis St., SF, 94103

557-5723

hours: M-F, 8am-3pm

services: applications for AFDC benefits may be picked up at  
8am, applications are not allowed out of the office

### AMERICAN RED CROSS - Golden Gate Region

1550 Sutter St., SF, 94109 - 776-1500

3225 - 21st St., SF, 94110 - 282-9700

1710 Trousdale, Burlingame, CA 94010 - 692-7214

hours: M-F, 8:30am-4:30pm

services: provides casework & assistance to members of the military  
& their families, assistance to the elderly & persons  
with disabilities, offers disaster relief, health education,  
volunteer bureau, youth programs, first aid & cardiopulmonary  
resuscitation (CPR) classes

cost: no fees for all services except CPR which has a minimal charge

### ASIAN NEIGHBORHOOD DESIGN

80 Fresno, SF, 94133

982-2959

hours: M-F, 8:30am-5:30pm

services: workshops on self-help home improvement, fire & seismic  
safety; architectural services & technical assistance for low  
income housing & community groups; for youth 17-22 years old  
provides occupational classroom training in manufacturing &  
construction trades and job counseling & placement, includes  
a small program for adults

cost: sliding scale for community groups, none for individuals &  
job training

### BAY AREA URBAN LEAGUE

344 - 20th St., Suite 211, Oakland, 94612

839-8011

hours: M-F, 8:30am-5pm

services: helps members of minority groups with problems in employment,  
education & health, counseling services, vocational training  
& community advocacy

### CATHOLIC SOCIAL SERVICES

50 Oak, SF, 94102

864-7400

hours: M-F, 9am-5pm

services: counseling for elderly, community organizing, refugee & immigration services, adoption & pregnancy counseling and renters' rights organizing

#### CENTER FOR SOUTHEAST ASIAN REFUGEE RESETTLEMENT

875 O'Farrell, SF, 94102

885-2743

hours: M-F, 8:30am-5pm

services: provides a variety of services, resettlement, reunification of families, immigration services & counseling, employment & vocational training, job placement, technical assistance for small businesses & translation services

cost: fees for translation services only

#### CHINESE NEWCOMERS' SERVICE CENTER

777 Stockton, Rm. 104, SF, 94108

421-0943

hours: M-F, 8:30am-5:30pm

services: provides multi-services to monolingual Chinese immigrants & refugees, information & referral, translations, emergency contact, adjustment counseling, employment, Chinese language mental health & operates a media outreach program on social services, immigration, community issues, etc.

cost: sliding scale for translations, no charge for other services

#### CHINESE RECREATION CENTER

Washington & Mason Streets, SF, 94108

885-2883

hours: M-F, 9am-10pm, Sat. 9am-5pm, Sun. 11am-5pm

services: provides various sports for youth, baseball, softball, basketball, etc., also provides sports services for elderly and tiny tots

#### CORPORATION FOR AMERICAN INDIAN DEVELOPMENT

225 Valencia, SF, 94103

391-5800

hours: M-F, 9am-5pm

services: economic development & housing, Indian Child Welfare Act Program, administration for American Indian affairs, culture & arts department, GED program

#### COUNSELING CENTER FOR ADULTS

3410 Geary Blvd., Ste. 225, SF, 94118

752-6032

hours: call for appointment

services: counseling services for those with marital & relationship problems, treatment of anxiety & depression, counseling for those with health problems & groups counseling for wives of heart patients



#### ECONOMIC OPPORTUNITY COUNCIL

70- 10th St., SF, 94103

863-2121

hours: M-F, 8:15am-5pm

services: year-round services include a veteran's benefit & food  
supplement program for children under 6 years

eligibility: low-income & San Francisco resident

cost: none

language: Chinese & limited Spanish

#### FAMILY VIOLENCE PROJECT

1001 Potrero St., Bldg. 1, Ste. 200, SF, 94110

861-0164

hours: M-F, 9am-5pm, call for appointment

services: information & advocacy for victims of family violence  
pursuing criminal justice alternatives

#### FATHER MORIARTY CENTRAL AMERICAN REFUGEE PROGRAM

115 Diamond, SF, 94114

621-3629

hours: M-F, 10am-6pm

services: free legal & social services, assistance with asylum  
obligations & referrals

requirements: must interview with social services intake personnel

cost: none

#### FIRST OFFENDER PROGRAM

1289 - 11th Ave., SF, 94122

681-7575

hours: M-F, 9am-5pm

services: counseling & education for people who are referred by the  
court with first arrest for drunk driving also provides  
A.C.C.E.P.T. & C.A.T.S. programs

#### FOOD STAMPS

1360 Mission St. x 9th St., SF, 94103

557-5718

hours: M-F, 8am-4pm; first come/first served basis, if in a hurry,  
may turn in application to window A and an appointment will  
be scheduled 4 days later

#### GENERAL ASSISTANCE (G.A.)

1680 Mission St. x 13th St., SF, 94103

Window A

557-6030

hours: M-F, 8am-5pm

services: first drop-in is to pick up an application & get an  
appointment in 2 weeks to return completed application

HAIGHT-ASHBURY COMMUNITY COALITION

1833 Page St., SF, 94117

751-8770

hours: MTTh, 6pm-10pm

services: job counseling, referrals, after school program M-F, 2pm-5pm

requirements: drop-in

cost: none

HARRIET STREET CENTER

245 Harriet St., SF, 94103

no telephone number available

hours: M-F, 8am-noon

services: free shower & shave for men only

## TRANSPORTATION

### AC TRANSIT

508 - 16th St., Oakland, CA 94612

839-2882

hours: 6:05am - 6:56pm

services: bus system that runs from San Francisco to the East Bay also goes to the East Bay Bart stations

### AIRPORT LINES TERMINAL

office - 495-8404

Downtown Terminal - 673-2433

Airport - 877-0345

hours: 7 days/week, 5:30am - 2:40am

services: southbound goes from the Financial District (Meridian Hotel, Sheraton Palace, Hyatt-Embarcadero, Holiday Inn-Chinatown) and Fisherman's Wharf (Travel Lodge, Ramada Hotel, Marriott, Holiday Inn-Fisherman's Wharf, Howard Johnson, Sheraton Hotel) to the airport; northbound goes from the San Francisco Airport to downtown San Francisco, downtown terminal is at Taylor & Ellis Streets

cost: \$6.00/person one-way, \$11.00 round-trip

### BART (Bay Area Rapid Transit)

788-2278

services: serves San Francisco, Concord, Fremont, Richmond, & Daly City

### GOLDEN GATE BRIDGE & TRANSPORTATION DISTRICT

Ferry Boats

332-6600

hours: Larkspur, 7am-8:25pm

Sausalito, 7:50am-8pm

service: boats go to and from San Francisco, Larkspur and Sausalito

cost: up to \$2.75 one-way, \$5.50 round-trip

### GOLDEN GATE TRANSIT

332-6600

hours: 5:23am-2:03am

service: bus service in San Francisco, Marin & Sonoma counties

cost: up to \$3.70

### GREEN TORTOISE

821-0803

services: scheduled bus service and cross-country vacation trips

cost: call for fees & schedules

## GREYHOUND

7th St. & Market, San Francisco

433-1500

services: bus passenger & freight all over the country

## MUNI (San Francisco Municipal Railway)

673-MUNI

call for routes and schedules, operator will ask for your point of origin and where you wish to go

## SAMTRANS

761-7000

hours: 6am-10pm, 7 days/week

call for information about cost, routes & schedules

## VETERAN SERVICES

### BLINDED VETERANS ASSOCIATION

V.A. Regional Office in Los Angeles

(213)793-7641 (call person-to-person collect for Gene Vaughn)

services: assists blinded veterans with obtaining service connections, works with vets to receive all their benefits & entitlements from the V.A.

cost: none

### DISABLED VETERAN AMERICANS

211 Main St., Rm. 1210, SF, 94105

495-8064

hours: M-F, 7:30am-4pm

services: provides claims representation against the Veterans Administration for veterans & their dependants in social security disability appeals, acts in lieu of an attorney, assists in discharge upgrades, represents active duty military personnel contesting disability separation

cost: none

### SWORDS TO PLOWSHARES

400 Valencia, SF, 94103

552-8804

hours: M-F, 9am-5pm

9am-12:30pm job development & benefits counseling

services: employment development, legal advice on VA benefits, discharge upgrade & human services counseling

eligibility: veteran

cost: none

### VETERANS ADMINISTRATION HOSPITAL

4150 Clement, SF, 94121

221-4810

hours: business office, M-F, 8am-4:30pm

call for more information

### VETERANS ADMINISTRATION REGIONAL OFFICE

211 Main St., SF, 94105

485-8900

hours: M-F, 8am-4pm

services: education, job information, compensation with pensions, home loans for vets

cost: none

### VETERANS CENTER

1540 Market St., Rm. 350, SF, 94103

431-6021

hours: M-F, 9am-5:30pm



services: works with Vietnam era veterans, counseling (i.e. post-traumatic stress, marriage, relationships, etc.), provides information & referral services

cost: none

**VETERANS SPEAKER ALLIANCE**

942 Market St., Ste. 709, SF, 94102

386-0972

hours: M-F, 1pm-5pm

services: provides speakers to groups who want to discuss aspects of war, i.e. the experience, human costs, intervention by the U.S., etc., special focus on the Vietnam war

cost: none, however if travel is required, reimbursement may be requested

## WOMEN (SERVICES AND CENTERS)

### A SAFE PLACE

536-7233

24 hour crisis line and shelter for battered women & children the phone line is for information, referrals & counseling for victims of domestic violence in crisis situations

cost: \$1.00/day

### ASIAN WOMEN'S RESOURCE CENTER

940 Washington St., SF, 94108

788-1008

hours: office, M-F, 9am-5:30pm

services: survival English classes for new immigrants, bilingual community lectures, i.e. filing income taxes, health, voting & civil rights, home repair, etc., information & referral, Chinese language & music classes

cost: minimum charge for classes, all other services are free

### BAY AREA WOMEN'S RESOURCE CENTER

318 Leavenworth, SF, 94102

474-2401

hours: M-Th, noon-4pm

services: referrals for women in any areas of need, i.e. childcare, health, housing, etc.; also active in community organizing around the issues of education for low-income women, childcare & criminal justice

### CAMBODIAN WOMEN'S ASSOCIATION/SAMAKHUM SATREI KHMER

220 Golden Gate, Ste. 407, SF, 94102

673-6095

hours:

services:

eligibility:

cost:

### WOMEN'S INSTITUTE FOR MENTAL HEALTH & THE IRIS PROJECT

264 Valencia, SF, 94103

864-CEMH

hours: office, M-F, 10am-5pm

services: mental health agency for women, drug & alcohol outpatient program, psychotherapy, incest survivor's project & occupational stress management

cost: sliding scale

### COMMISSION ON THE STATUS OF WOMEN

1095 Market St., 5th Fl., SF, 94103

558-3653

hours: M-F, 8am-5pm

services: no direct services, encourages women to volunteer and give the  
Commission input on women's issues, advocates for & top priority is  
employment and violence against women  
cost: none

#### GUM MOON RESIDENCE FOR WOMEN

940 Washington St., SF, 94108  
421-8827

services: provides housing for women in transition  
cost: single room - \$75.00/week, \$300.00/month  
2 per room - \$60.00/week, \$240.00/month  
3 per room - \$55.00

#### HAIGHT ASHBURY WOMEN'S NEEDS CENTER

1825 Haight St., SF, 94117  
221-7371

hours: M,F, 6am-9pm; T-Th, 9am-5pm  
services: general gynecologic checkups, birth control, & pap smears  
cost: sliding scale fees or donation (no one is turned away because  
of lack of money)

#### LA CASA DE LAS MADRES

24 hour crisis lines: 469-7637, 469-7338  
business lines: 469-7650, 469-7653

services: emergency shelter for battered women & their children,  
4-6 week program, call first for services  
cost: \$3.00/day for single women  
4.00/day for women with children  
all costs are negotiable

#### OLDER WOMEN'S LEAGUE

601 Dolores St., SF, 94110  
550-1660

hours: MWF, 1pm-5pm, call for appointment.  
meet once a month at the Golden Gate Lutheran Church, 19th Street &  
Dolores; 4th Saturday of the month from 10:30am-noon  
services: support issues that affect mid-life and older women, i.e. legisla-  
tion, provides a network of support mechanisms, a monthly newsletter  
and sponsors workshops on social and personal concerns

#### OPTIONS FOR WOMEN OVER 40

3543 - 18th St., SF, 94110  
431-6944

hours: M-F, 10am-5pm  
services: information & referral, job information, counseling &  
readiness workshops, shared housing program for citizens over 60 to  
allow them to stay in their homes longer, employment program for  
Hispanic women over 40  
cost: sliding scale fees (no one turned away because of lack of money)

### PLANNED PARENTHOOD

1660 Bush St., SF, 94109

441-5454

hours: M-F, 9am-5pm

services: provides family planning services; birth control, pregnancy testing, infertility counseling

cost: sliding scale fee

language: Spanish & Chinese

### PREGNANCY CONSULTATION CENTER

1801 Bush, SF, 94109

567-8757

hours: M-Sat., 8:30am-4:30pm

services: family planning, birth control, male & female sterilization, gynecology & free pregnancy testing

cost: sliding scale fee

language: Spanish, French & Tagalog

### REFUGEE WOMEN'S PROGRAM

220 Golden Gate, 4th Floor, SF, 94102

673-3297

hours: M-F, 9am-5pm

services: ESL, social service assistance through home visits, employment training program, refugee children's school at home project

cost: none

### SAN FRANCISCO WOMEN AGAINST RAPE

24 hour crisis line: 647-RAPE

business line: 861-2024

hours: 24 hours

services: rape counseling for victims, families, relatives & friends, court accompaniment, group counseling & community education

### SAN FRANCISCO WOMEN'S CENTER

3543 - 18th St., SF, 94110

431-1180

hours: M-F, 10am-5pm

services: provides low-cost offices for women's services, space for group meetings, extensive referral for women experiencing abuse, discrimination, poverty & unemployment, options for women over 40 program that provides job counseling and workshops W.O.M.A.N., Inc.

2940 - 16th St., SF, 94103

24 hour crisis line: 864-4722

business: 864-4784, 864-4777

hours: M-F, 9am-6pm

services: provides support for battered women & their children, counseling, information & referrals, advocacy & temporary restraining order clinics

cost: sliding scale fees

#### WOMEN ENTREPRENEUR

1390 Market St., Ste. 908, SF, 94102

929-0129

hours: M-F, 8am-5pm, dinner meetings first Tuesday of each month

services: organization for women in small business

cost: \$75.00 membership; \$18.00 dinner charge for members, \$25.00 for non-members

#### WOMEN'S ALCOHOL COALITION

3380 - 26th St., SF, 94110

282-8900

hours: M-F, 8:30am-4pm

services: day & evening recovery programs for alcoholic women & their children & provides counseling & support groups

cost: sliding scale fees

#### WOMEN'S CLINIC - District Health Center #1

3850 - 17th St., SF, 94114

558-3905

hours: M-F, 8am-4:30pm, call for more information

services: medical screening for cancer of the breasts, thyroid & cervix, screening for sexually transmitted diseases & information on birth control, confidential services are offered to women 12 years of age and older

cost: sliding scale based on ability to pay

#### WOMEN'S RESOURCE CENTER

31 Gough St., Rm. 62, SF, 94103

239-3005

hours: by appointment only, call first

services: vocational, educational & personal counseling, vocational testing, support groups, workshops, maintains a small resource library, resume writing & interviewing techniques

#### YOUNG WOMEN'S CHRISTIAN ASSOCIATION (YWCA)

620 Sutter St., SF, 94102

775-6500

hours: swimming, 6am-9pm; hotel operates 24 hours

services: provides a place to stay, recreational facilities, & classes

cost: membership, \$25.00

hotel, with membership, \$18.00-37.00/day (+ tax)

without membership, \$18.00-42.00/day (+ tax)



## YOUTH SERVICES

### ACCEPT (Alcoholism Counseling Center for Early Prevention & Training)

1289 - 11th Ave., SF, 94122

681-2500

hours: M-Th, 9am-9pm; F, 9am-5pm

services: counseling for alcoholics & their families and for youth  
with alcoholism problems

cost: sliding scale, free adolescent program

### BIG BROTHERS/BIG SISTERS

414 Mason, SF, 94102

434-4860

434-4863 - TDD

hours: M-F, 9am-5pm

services: provides carefully screened volunteers who are matched in a  
one-to-one relationship with a child in need; children are 6-16  
years old, SF residents & from single parent families; the Big  
Brother/Big Sister serves as a special friend, companion & role  
model to the child

requirements: parents/guardians & prospective volunteers should call to attend  
an orientation meeting

cost: none to children, potential volunteers pay a \$10.00 processing fee

### BOOKER T. WASHINGTON COMMUNITY SERVICE CENTER

800 Presidio Ave., SF, 94115

921-4757, 921-6276

hours: M-F, 9am-9pm; activities on Saturdays; Summer, 8am-7pm

services: day-care for children, recreation programs, family & job  
counseling, senior services, summer youth employment,  
tutorials, basketball, etc.

### CAMERON HOUSE YOUTH SERVICE

920 Sacramento St., SF, 94108

781-0408

hours: M-F, 9am-5pm

services: summer day camp for grammar & junior high school youth,  
Friday nite & Sunday activities, high school youth job  
opportunities, year-round counseling for adults & youth  
with family problems, & battered women's program

language: Cantonese & Mandarin

ages: 5 years to adult

cost: negotiable

### CATHOLIC YOUTH ORGANIZATION/WEST BAY

755 Ashbury, SF, 94117

665-4400

Jamestown Center - Community Center for Children

180 Fair Oaks, SF, 94110

826-6880

hours: M-F, 9am-5pm

services: provides youth & family programs through day camps, centers  
& decentralized leisure time programs for boys & girls

cost: fees vary for different programs

#### CHINATOWN YOUTH CENTER

1693 Polk St., SF, 94109

775-2636

hours: M-F, 9am-5pm; evenings by appointment only

services: provides delinquency prevention services, counseling  
& drug prevention education, on the job training & employment  
services to SF resident youth and their families

cost: none

#### DIRECTIONS

1543 Franklin, SF 94109

776-0201

hours: M-F, 9am-5pm

services: Work Now Program - trains students in job search techniques,

“Two Steps Forward” component places 100 students in summer jobs and trains them to find their 2nd job on their own Career Mentorship- places students in after-school volunteer internships consisting of 1 1/2 hour interviews and a guided tour of the work-site; also sponsors career days for group tours at various work sites

eligibility: serves public and private high school youth, call for more  
information

cost: none

#### DIAMOND STREET YOUTH SHELTER

536 Central Ave. (x. Grove & Hayes), SF, 94117

hours: daily, 9pm-9am

services: provides emergency shelter, food, crisis counseling, and  
comprehensive referrals to homeless and runaway youth between the  
ages of 12 and 18, maximum stay is 3 nights, all services are strictly  
confidential

cost: none

#### EARL PALTENGHI YOUTH CENTER

1525 Waller St., SF, 94117

661-1870

hours: M-Th, 10am-9pm; Fri. 10am-6pm; some Sats.

services: free services for educational & vocational counseling,  
cultural & recreational activities to youth

#### ELLA HILL HUTCH COMMUNITY CENTER

1050 McAllister, SF, 94115

921-6276

hours: winter, M-F, 9am-5pm, 6pm-9pm

summer, M-F, 9am-5pm

services: basic literacy program, teenage fathers responsibility & support program, bridging the gap, crime prevention education programs - tutors, student athletic tutorial program & parent groups employment programs - job preparation, workshops & referrals, job development & placement for youth & adults, employment services for persons 55 and older recreation programs - comprehensive recreational programs including basketball, tennis, weight lifting, volleyball, bingo & bridge counseling - individual & group sessions

#### FILLMORE YOUTH CENTER

690 Page St., SF, 94117

626-2849

hours: M-F, 3pm-7pm

services: athletic activities for boys & girls 18 years or younger, summer youth employment program & Christian Center

cost: none

#### HORIZONS UNLIMITED

440 Potrero, SF, 94110

864-3366

hours: M-F, 9am-5:30pm

services: school dropout prevention for youth ages 14-21, provides job training & placement, recreation programs for youth 5-25 years old, priority given to low-income families

cost: none

#### HUCKLEBERRY HOUSE

1292 Page, SF, 94117

621-2929

hours: 24 hours

services: 24 hour crisis shelter for people between 12-17 years, food, clothing, individual & family counseling, foster homes, sexual minority youth counseling, medical & legal referrals, & volunteer programs for adults

cost: none

#### Huckleberry House II

4127 Kirkham, SF, 94118

731-3670

hours: 24 hours

services: reunification program for people 12-17 years old, food, clothing, individual & family counseling, volunteer programs for youth & adults

#### JAMESTOWN LEARNING CENTER

25 - 14th St., SF, 94103

863-2611

hours: M-F, 8:30am-4:30pm

services: non-public special education high school for high risk students,  
teens with emotional problems

eligibility: referred by public school system, 13-22 years old

cost: none

#### JAPANESE COMMUNITY YOUTH COUNCIL

2012 Pine, SF, 94115

567-8052

hours: M-F, 9am-6pm, call for appointment

services: employment program for high school ages, tutoring program,  
day camp & peer counseling

cost: fees for summer childcare, day camp, & tutoring

#### MORRISANIA WEST POSTAL STREET ACADEMY

914 Divisadero, SF, 94115

563-7934

hours: M-F, 8am-5pm

services: individual, family and group counseling; instruction in math,  
history, social studies, science, English, street law and GED  
preparation; academic & personal counseling; maximum stay is  
6 months; serves students ages 14-17 years

eligibility: students are referred by the SF Board of Education, Youth  
Guidance Center and other social service agencies

cost: none

#### PACT, Inc. Educational Clearinghouse

635 Divisadero, SF, 94117

922-2550

hours: M-F, 9am-5:30pm

services: financial aid information, college counseling & placement

eligibility: low-income or first generation to attend college

cost: none

#### REAL ALTERNATIVES PROGRAM (RAP)

1950 Mission, Rm. 11, SF, 94103

621-1155

hours: M-F, 9am-5pm

services: information & referral for young adults with legal, family  
or emotional problems, residential group home for 6 youth, drug  
prevention & education, weight room & other recreational  
activities, alternative high school, violence intervention  
program & court liaison services

cost: none

#### RUNAWAY HOTLINE

1-800-231-6946

24-hour, toll-free nationwide hotline



services: messages from runaways will be relayed to their families and information and referrals are given to runaways for food, shelter, medical assistance, counseling and related services

#### SAN FRANCISCO BOYS CLUB

1950 Page St., SF, 94117

221-0790

hours: school year: T-F, 2:30pm-9:30pm; Sat. 10am-6pm

summer: M-F, 10am-6pm

offices: Portola Branch, 2574 San Bruno Ave., SF, 94134

468-0616

Mission Branch & Mission Girls Center

901 Alabama Street, SF, 94110

282-3310

Ernest Ingold Branch, 1950 Page St., SF, 94117

221-6100

services: swimming pool, all major indoor/outdoor sports, group clubs, arts & crafts, day & residential camps

goals: education, social, vocational & behavioral guidance, health recreational & leadership development

cost: \$5.00 per year

#### SAN FRANCISCO TEEN CHALLENGE

1464 Valencia, SF, 94110

285-1353

285-HELP - 24 hour hotline

hours: 24 hours

services: Christian center, 30 men live-in program, administers to people with life addicting problems, minimum 10 month-1 year commitment, outpatient counseling & referrals for women

cost: none

#### STUDENT AID COMMISSION - State of California

1410 - 5th St., Sacramento, CA, 95814

(916)445-0880

hours: 8am-4:45pm

services: administers 3 Cal Grant programs for low & middle income students, student loans & other special aid programs

eligibility: call for more information

#### UNIVERSITY OF CALIFORNIA - COOPERATIVE EXTENSION

Cow Palace, Geneva & Santos, SF, 94014

586-4115

hours: M-F, 8:30am-4:30pm

services: adult nutrition education program, 4-H animal husbandry & gardening, after school projects at various sites

cost: none



### VIETNAMESE YOUTH DEVELOPMENT CENTER

330 Ellis St., SF, 94102

771-2600

hours: M-F, 9am-5pm

services: English as a second language, stipends paid to trainees,  
also provide counseling, placement & work experience, serve  
ages 16-21

eligibility: low-income & SF resident

language: Vietnamese & Cantonese

### YOUNG COMMUNITY DEVELOPERS

1715 Yosemite, SF, 94124

822-3491

hours: M-F, 8am-5pm

services: job preparation & counseling, basic literacy program,  
family crisis intervention & referral, employment, teen fathers  
program, summer youth program, remedial education & referrals  
for temporary employment

requirements: low-income, call for more information

cost: none

### YOUTH ADVOCATES, INC.

285 - 12th Avenue, SF, 94118

668-2622

hours: M-F, 8:30am-5:30pm, call for appointment

services: for youth 12-18 years provides housing, individual group & family  
counseling, legal & medical referrals, employment, community  
outreach, drug abuse education & counseling, sexual minority  
youth counseling, foster care placement

### YOUTH FOR SERVICE

25 - 14th St., SF, 94103

621-5555

hours: M-F, 8:30am-5pm

services: job search program for 17-21 youth, training in bookkeeping,  
clerical skills, telecommunications, & phototypesetting

eligibility: SF resident, high school graduate or GED, unemployed

U.C. BERKELEY LIBRARIES



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Speaker of the Assembly

**Willie Lewis Brown, Jr.**

350 McAllister Room 5046

San Francisco, CA 94102

(415) 557-0784